



# Kajukenbo

## Beginning April 5!

**Class Times:**

Tuesday & Thursday 8:00 - 9:00 pm

Friday 7:00 - 8:00 pm

**Member:**

Youth- \$40/month

Adult-\$50/month

Family-\$60/month (up to 4 people)

**Program Participant:**

Youth-\$50/month

Adult-\$60/month

Family-\$70/month (up to 4 people)

Students will learn the basic, intermediate and advanced techniques and concepts of Kajukenbo Tum Pai Gung Fu Self-Defense and Tai Chi Chuan. This course is designed for all learning styles, temperaments and age groups (5 and up). Kajukenbo Tum Pai develops well-being through awareness of how one interacts with self, others and their environment. Kajukenbo was founded in Hawaii in 1947 and has strong roots in the Christian faith.

Sifu Tristan Hormann is a life –long student of the martial arts and has more than 10 years teaching experience with students of all ages and is a 2<sup>nd</sup> Degree Black Belt in Kajukenbo Tum Pai Gung Fu and Tai Chi. He is certified to teach through the Northwest Kajukenbo Tum Pai Gung Fu Association under the authority of Grandmaster Doug Bailey. He actively continues his education to ensure the best quality instruction.