



ANTELOPE VALLEY COLLEGE

Community Services

3041 West Avenue K, SSV 126, Lancaster, CA 93536
Phone: (661) 722-6300, Ext. 6584 Fax: (661) 722-6583

Northern Shaolin Kung Fu

Presented by Harold Hazeldine



- ❖ The class focuses on promoting general health, self defense, physical fitness, and longevity through the Northern Shaolin systems of punching sequences and kicking maneuvers, stretching exercises, footwork training, and ancient forms of Kung Fu and weaponry once employed by Kung Fu heroes and legends.
- ❖ Traditional weaponry skills include but are not limited to the Shaolin Pole, the Pak Kwa Broadsword, the Double-Edged Straight Sword, the Northern Spear, and many more.
- ❖ Chinese Lion dancing, Dragon dancing and acrobatics are also included as part of the curriculum.
- ❖ Have fun refining your self-defense techniques, self awareness, self confidence, self discipline, mental sharpness, strength, cardio, flexibility, agility, adaptability and communication skills while having fun and getting a great work out.

This is the perfect opportunity for those who have always wanted to learn Kung Fu in a friendly, goal-oriented atmosphere.

Register with Corporate & Community Services for this course.

Thursdays

2/11/10-6/3/10

6:30 p.m. - 8:30 p.m.

FA4 186

Fee: \$10 (per meeting)

Reasonable accommodation statement:

Upon request three days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice) or (661) 722-6362 (TDD).