

ADULT - SPORTS

Bruce Lee's Jeet Kune Do and Self Defense

New one-hour sessions for \$50. Learn simple, direct and effective techniques of self defense. Develop and improve your stamina, coordination, balance and strength while learning adaptable and flexible approaches to defending yourself. All participants must sign a hold harmless release from Jeet Kune Do 4 Life and the City of Mukilteo. All levels; Annual Association Fee (payable to JKD4Life): \$49.95 (Min 10/Max 60).

If you have had former Jeet Kune Do or Wing Chun experience, or if you have obtained your brown or black belt, please contact Sifu Hanzel Mirador at 425.263.7029 for evaluation prior to registering for the Instructor in Training course. Contact instructor for evaluation and scheduling the Rapid Assault Tactics Program. No classes 11/11, 11/25.

Age: 13yrs-Adult

Location: Rosehill Comm. Ctr. Rm. 204



Code	Day	Dates	Time	Fee
1318	Tues & Thurs	Sept. 7-30	8:00pm-9:00pm	\$50
1321		Sept. 7-30	7:00pm-9:00pm	\$75
1325		Sept. 7-30	7:00pm-9:00pm	\$100 (Instructor in Training)
		Sept. – R.A.T. by appmt. only		\$1,999 (Rapid Assault Tactics)
1319	Tues & Thurs	Oct. 5-28	8:00pm-9:00pm	\$50
1322		Oct. 5-28	7:00pm-9:00pm	\$75
1328		Oct. 5-28	7:00pm-9:00pm	\$100 (Instructor in Training)
		Oct. – R.A.T. by appmt. only		\$1,999 (Rapid Assault Tactics)
1320	Tues & Thurs	Nov. 2-30	8:00pm-9:00pm	\$50
1323		Nov. 2-30	7:00pm-9:00pm	\$75
1329		Nov. 2-30	7:00pm-9:00pm	\$100 (Instructor in Training)
		Nov. – R.A.T. by appmt. only		\$1,999 (Rapid Assault Tactics)

Instructor for Jeet Kune Do, Instructor in Training, RAT Program: Sifu Hanzel Mirador started his martial arts training at age 7. With 25 years of experience in Wing Chun, Kodokan Judo, Tang Soo Do, and Jeet Kune Do, he has trained many students and instructors in San Diego, California, Millington, Tennessee, and Everett, Washington. LineAge: Bruce Lee, Dan Inosanto, Paul Vunak, Hanzel Mirador.

Karate: Adult Personal Safety and Protection

This class is for men, women, and older youth. You will learn systems specifically for your needs. Women: taught by women instructors, learn techniques that are easy to master so you can very quickly stop an assailant. Men: learn to effectively drop a threatening assailant where he stands with simple fast fight-ending movements. After training in Kempo, most people are able to see the issues developing long before they turn ugly and are able to know when to leave. The Universal Kempo-Karate system focuses on real life techniques to save your life, how to assess threat, situational/observational psychology, how to overcome extreme stress, anatomical targets and effects, weapons defense. No class 11/11, 11/25. (Min 5/Max 55) Start-up fee \$46 paid directly to instructor includes one-time Association Membership Fee plus Uniform, Patch, Decal, Club T-shirt and Student Handbook.

Age: 12yrs-Adults (or with instructor's permission)

Code: Date:

1334 Sept. 2 - 30

1335 Oct. 5 - 28

1336 Nov. 2 - 30

Day: Tues & Thurs

Time: 7:15pm-8:15pm

Fee: \$50

Location: Rosehill Comm. Ctr., Basement

Instructors: Chief Instructor Don Wright is a 4th Degree Black Belt and Sr. Head Instructor Cheryl Wright is a 3rd Degree Black Belt with Universal Kempo Karate Schools Association. Between them they bring 30 years of experience in martial arts and 10 years teaching in the northwest.