

# Youth Extreme Martial Arts

## Kung Fu Classes - \$49

Extreme Martial Arts Center teaches this program to all its younger students along with traditional Choy Li Fut Kung Fu. The combination of these two gives children good health and fitness, real life self-defense, confidence, focus and gain skills that will last them a lifetime.



### Location

Extreme Martial Arts Center  
7753 Roseville Road, Suite E  
Sacramento, CA 95842  
726-5425

Tue/Thur	Kung Fu Tigers 3 - 5 years 5:30 - 6:00pm	Kung Fu Dragons 6 - 12 years 6:00 - 6:45pm
4/4 - 4/27	2243.201	2244.201
5/2 - 5/30	2243.202	2244.202
6/1 - 6/29	2243.203	2244.203
7/6 - 7/27	2243.204	2244.204
8/1 - 8/31	2243.205	2244.205
9/5 - 9/26	2243.206	2244.206

## Teen Self Defense - \$49\*

Tired of the dreaded gym workouts? This classes goal is to provide you with the most efficient, effective, challenging and fun workout! Burn fat and strengthen the body and mind. Instructors motivate you and inspire you to get the results you want!

Tue/Thur 7:00 - 7:30pm	12 - 17 years *additional one time boxing glove fee: \$19.99+ tax*
4/4 - 4/27	2245.201
5/2 - 5/30	2245.202
6/1 - 6/29	2245.203
7/6 - 7/27	2245.204
8/1 - 8/31	2245.205
9/5 - 9/26	2245.206

## Kids Kung Fu Camps - \$99

3 - 17 years - Groups will be split by ages

This camp promotes strategies for safety that kids can use every day along with self-awareness, effective, realistic self-defense! Our camps promote good health, fitness, real-life self defense, confidence and focus. Participants will gain skills that will last them a lifetime. Please bring a snack, water will be provided.

Mon - Thur	8:00am - 12:00pm
4/10 - 4/13	2246.201
6/26 - 6/29	2246.201

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