

Dynamic & Fun Martial Arts Classes

Here at Hillcrest!



Grades K-5th
Wednesdays 1-2pm, 3/17-5/19
(No classes 3/24 and 4/7)

Poekoelan is a martial art from Indonesia based on the movements of four animals: the monkey, the crane, the snake and the tiger. Our kids program includes aerobic exercise, coordination skills, and practical self-defense. Above all, Poekoelan training promotes non-violence, self-confidence and respect for others in a safe, fun and caring environment.

Parents often tell us that they see the skills that are developed in Poekoelan – coordination, focus and discipline – transfer to greater success in school and other extra-curricular activities.

Studio Naga provides classes at Chabot, Montclair, Thornhill, Hillcrest, & Joaquin Miller elementary schools, the Berkeley YMCA, the Oakland JCC and our own beautiful North Oakland studio. Call or check our website for summer camps and other fun stuff!

Cost: (\$110.) *10 student minimum
Pay online OR send this form and payment to:
Studio Naga, 5850 San Pablo Ave. Oakland, CA 94608.

Questions? Call Studio Naga at (510) 652-6242 (NAGA!) or visit www.studionaga.com to register and pay online.



Voted Best of the Bay!

San Francisco Magazine cites Studio Naga the BEST OF THE BAY:
"What we love... Studio Naga Giving Kids Cool Survival Skills!"

- Name: _____
- Primary Email: _____
- Address: _____
- City, State, Zip: _____
- Cell Phone: _____
- Home Phone: _____
- Emergency Contact and Phone: _____
- Parent(s) Names/Who's picking up?: _____
- School & Grade/Adventure Time?: _____



STUDIO NAGA

A Tulen Center for Indonesian Martial Arts & Wellness

