

Dynamic & Fun Martial Arts Classes

Here at School!

Grades: K – 5th

Wednesdays 1–2:00, March 12th –May 14th (No Class 3/26)

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, Berkwood Hedge & Joaquin Miller elementary schools, the Berkeley YMCA, the Oakland JCC and our own beautiful North Oakland studio.

Cost: \$12 /class (\$108 / 9 classes)

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.

**Best
of the
Bay**



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: _____
- School / Grade: *Hillcrest Elementary* / _____
- Parent(s) Names: _____
- Primary Email: _____
- Address: _____
- City, State, Zip: _____
- Cell Phone: _____
- Home Phone: _____
- Emergency Contact and Phone: _____



STUDIO NAGA

A Tulen Center for Indonesian Martial Arts & Wellness

