



Dynamic & Fun Martial Arts Classes Here at Hillcrest!

**All Grades/ Wednesdays 1-2
12/7 - 3/7**

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, Beach, Cornell and Joaquin Miller elementary schools, the Berkeley YMCA, the Berkeley JCC and our own beautiful North Oakland studio.

Call or check our website for summer camps and other fun stuff!

Cost: \$143. (11 classes) Instructor: Judy Sorensen. Min. class size: 10.

Uniforms not required, but available online or through the instructor.

Pay and register online or send this form with 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.



Studio Naga
A Tulen Center for Martial Arts & Wellness

Please be sure we have all the information requested below.

- Name of school: _____
- Name of student: _____
- Primary email: _____
- Street address: _____
- City, State, Zip: _____
- Cell phone: _____
- Home phone: _____
- Emergency contact and phone: _____
- Parent(s) names: _____
- Grade: _____ Adventure Time? Yes / No
- Who will pick up: _____

