

RAPACON'S MARTIAL ARTS • Ages 4+ ▲

Rapacon's Martial Arts combines physical, mental & spiritual techniques to develop self confidence in our students. Combining the origins from the five arts of Kajukenbo and the evolutionary elements from the arts of wrestling, grappling and boxing-Rapacon's strives to separate itself as the extreme self-defense. For more information contact the Coordinator at 648-4609. Instructor: Chris Rapacon & Blackbelt staff
Norman C. King South Vallejo Community Center, 545 Magazine St.

Cost: \$40/month resident
 2nd family member \$30/month
 \$48/month nonresident
 2nd family member \$36/month

Jan 2-30, Feb 1-29, Mar 5-28, Apr 2-30, May 2-30
 Monday & Wednesday, 6:00-7:00pm

HOKUSHIN SHITO RYU KARATE DO

• **Ages 6+ ▲**

Builds self-esteem and confidence, improves fitness, endurance, and flexibility. Appropriate instruction for all ages, levels and abilities. Challenges each student while reducing stress and having fun. Emphasis is on respect and ethics. This class introduces karate to new students by teaching basic techniques and exposing them to Japanese language. For more information contact the Coordinator at 648-4640.

Instructor: Raoul 'Sensei' Flaviano
Vallejo Community Center, 225 Amador St.

Cost: \$25/month resident,
 \$30/month nonresident

Jan 9-30, Feb 6-27, Mar 5-26, Apr 2-30, May 7-21
 Monday, 6:00-7:30pm *No class Feb 20*

CHINESE EAGLE CLAW KUNG FU

• **Ages 7+ ▲**

Known for its grappling techniques, Chinese Eagle Claw Kung Fu is part of the Northern Shaolin System. Master Gini Lau, 8th generation, teaches the fundamentals of punching, kicking, footwork and self-defense. The class focuses on discipline, self confidence and respect. For more information contact the Coordinator at 648-4630. Instructor: Gini Lau.

Location: Foley Cultural Center

Cost: \$30/month resident,
 \$36/month nonresident

Drop-In: \$10/class resident, \$12/class nonresident
 Jan 9-30, Feb 6-27, Mar 5-26, Apr 2-23, May 7-28
 Monday, 7:00-9:00pm



JUDO BEGINNER

• **Ages 5-13 ▲**

Class includes exercises for agility, coordination, balance, physical & mental toughness. Disciplines in respect, sportsmanship and camaraderie. Falling techniques (ukemi), throwing techniques (nage waza), grappling techniques (gatame waza) for competition and self-defense. Belt rank testing is available. Judogis can be purchased through the Sensei/Coach Mickey Davenport. For more information contact the Coordinator at 648-4609.

Location: 415 Georgia St.

Cost: \$25/month resident,
 2nd family member \$15/month
 \$30/month nonresident,
 2nd family member \$18/month

Jan 5-30, Feb 2-27, Mar 1-29, Apr 2-30, May 3-31
 Monday & Thursday, 6:00-7:30pm

JUDO, YOUTH/ADULT • Ages 14+ ▲

Class includes exercises for agility, coordination, balance, physical conditioning, physical & mental toughness. Disciplines in respect, sportsmanship, camaraderie and commitment. Training includes falling techniques (ukemi), throwing techniques (nage waza), arm bars and arm locks (kansetsu waza), plus preparation for competition and self-defense. Belt rank testing is available. Judogis can be purchased through the Sensei/Coach Mickey Davenport. For more information contact the Coordinator at 648-4609.

Location: 415 Georgia St.

Cost: \$35/month resident,
 2nd family member \$25/month
 \$42/month nonresident,
 2nd family member \$30/month

Jan 5-30, Feb 2-27, Mar 1-29, Apr 2-30, May 3-31
 Monday & Thursday, 7:30-9:00pm

**With a click of a mouse,
 register from your own house!**

Register Online
www.gvrd.org





CLAUDIO'S MARTIAL ARTS BEGINNING

• Youth, under 11 ▲

This course is an introduction to martial arts and

exercise for children. This class teaches concentration, movement, coordination, exercise, and basic martial arts skills. We stress proper technique and form through repetition. Each student is evaluated based on their attendance, participation, focus, improvement, and meeting minimum requirements. For more information contact the Coordinator at 648-4630.

Instructors: Sensei Angelito Claudio & Sifu Loana Rapacon-Claudio.

Location: Foley Cultural Center

**Cost: \$40/month resident,
2nd family member \$30/month
\$48/month nonresident,
2nd family member \$36/month**

**Jan 10-26, Feb 2-28, Mar 1-29, Apr 3-26, May 1-24
Tuesday & Thursday, 5:30-6:30pm**

CLAUDIO'S MARTIAL ARTS INTERMEDIATE

• Teens/Adults, 11+ ▲

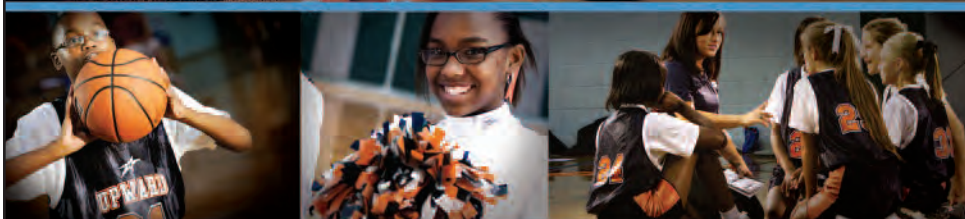
This is an integrated class of youth, teens, and adults of all levels. This class focuses on self discipline, intense physical training, effective self defense techniques, competition sparring and forms. Students will learn the balance between the mind, body, and spirit through a solid martial arts foundation. Students will need to meet mental, physical, and spiritual standards. For more information contact the Coordinator at 648-4630.

Instructors: Sensei Angelito Claudio & Sifu Loana Rapacon-Claudio

Location: Foley Cultural Center

**Cost: \$40/month resident,
2nd family member \$30/month
\$48/month nonresident,
2nd family member \$36**

**Jan 10-26, Feb 2-28, Mar 1-29, Apr 3-26, May 1-24
Tuesday & Thursday, 6:30-8:00pm**



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One practice a week, one game on Saturday.

**Register online or go to:
North Hills Office
200 Admiral Callaghan Way, Vallejo
707.644.5286**

- Registration \$90 (includes uniforms) thru 1/27/12
- Late Registration \$105 after 1/27/12
- Registration ends 2/4/12
- 1st practice week Feb 27th
- 1st game 3/10/12
- League ends May 6th

**All participants MUST make 1 of the 2 evaluation/orientations on 2/2/12 or 2/4/12*