

Pricing Options by Month/Semester

Monthly Fee: \$45

Registration Fee: with uniform \$30

SEMESTER FEES:

Fall/ Oct-Dec \$135

Spring/Jan-May \$225

Summer/June-Aug \$135

Registration and Payment Options

- **Pay with your Tuition. Set up ACH payments.**
- Set up monthly payments through your bank's "on-line" bill pay service. Substitute students name in place of account #.
- **Set up ACH payments**
- Leave completed registration form and payment at the school's front office.

Martial Arts Registration Form

Student Name _____ Age _____

Parent Name _____

Address _____

Home# _____

Cell# _____

E-mail _____

Participating School _____

Start Date _____ Clothing Size _____ M/F _____

I hereby attest, I have read and understand the policies of Kung fu class and I am in agreement with such conditions and will abide by the same. I release Meadow Oaks and their instructors from all liability claims regarding said class and hold them harmless in the unlikely event of an accidental injury.

Parent Signature: _____ Date: _____

Kung Fu-Self Defense

Kung Fu class is designed to help students acquire fundamental skills and counter-measure techniques, such as escapes, blocks, punches, kicks and combinations that are fun and effective! Teaching respect, concentration and self control are the foundations of this class. Children will be empowered as they gain knowledge and techniques to avoid dangerous situations. Testing and earning belts are rewards for their hard work which instills pride and self confidence. Belt testing will be an additional \$10 fee. **Classes are taught on site at your Meadow Oaks, ages 4 and up.**

Policies and Procedures

- ✓ Classes are taught **4 times per month**, up to 45 minutes per session, depending on age.
- ✓ No make-up days will be given for student absences or holidays observed by the school.
- ✓ **Tuition is due the first class of each month.** A late fee of \$10 is assessed if payment is not received by the 10th of the month.
- ✓ Accounts unpaid by the 3rd class of the month will result in the student being dropped from class until account is paid in full.
- ✓ Tuition may be prorated for students starting after the first of the month.
- ✓ Return checks or credit card decline will be subject to a \$25 fee.
- ✓ Discontinuation of classes requires contacting Meadow Oaks directly with a 2 week notice.
- ✓ Refunds will be issued for semester fees only with a 30 day written notice to Meadow Oaks.

Kung Fu



Presents On-Campus Kung Fu Classes with

Shaolin Kickboxing
2441 W. Walnut #231
Sifu Maggilo Castro
972.272.4642

WELCOME

Thank you for your interest in Kung Fu/kickboxing. We offer classes in Tay Son Nhan-South Shaolin Kung Fu. These classes specialize in self-defense and teach discipline, self-confidence, self-motivation, concentration, endurance, strength, and flexibility. Certified black belt instructor whose main concern is to offer top quality training to the student, teach all classes.

ABOUT THE SYSTEM

Tay Son Nhan-South Shaolin Kung Fu dates back to the South Shaolin temples in china. It also offers a rich heritage of more than 100 years in Vietnam before master Hong Nhan brought this system to the United States. Here in the USA, Tay Son Nhan is quickly becoming renown for its easy to learn and extremely effective techniques.

HARD VERSUS SOFT

Kung Fu is considered to be a “Soft” style of Martial Arts with Karate being the “Hard” style. Broken down this simply means that Karate typically uses straight-line, hard, bone-to-bone blocks that are designed to stop the punch or kick. Kung Fu generally uses soft, circular blocks that are designed to deflect the punch or kick. Kung Fu is also considered to be a very smooth, relaxed and flowing art form.

WHAT IS THE DIFFERENCE IN THIS STYLE OF KUNG FU?

While Kung Fu is considered to be a “Soft” style of Martial Arts, Tay Son Nhan-South Shaolin Kung Fu is also considered to be the “Hardest” of these “Soft” styles. What this means is that this style uses less of the acrobatic movements and more of the “in close, knees and elbows” type of fighting. While some of the ‘fancier’ movements may be taught, the main theory is to avoid your opponent’s strike and return 1 to 2 devastating blows that will allow you to destroy &/or escape from your attacker.

COMPETITION

While competing in tournaments is not a requirement, the Instructors do recommend that students attend at least two ‘point’ tournaments a year. This gives the student an opportunity to test their skills against all styles of Martial Arts and leads to more self-confidence. Tay Son Nhan has developed a reputation for producing some of the toughest competitors around.

EXERCISES AND STRETCHING

The exercises and stretches are designed to push each student to the limit. By doing so, each student is able to build strength and endurance while job of the instructor to ‘push’ the student to the limit, each student knows to step back and relax when necessary. Although repetition is the key to the teaching your body to react properly, no two classes are exactly alike. Classes are taught many different ways and are tailored to the individuals needs. This eliminates the boring workouts you may be accustomed to.

WHAT IS THE BEST AGE TO DO THIS?

Doctors recommend Martial Arts as a safe, effective way to develop concentration and motor skills for ages 3 and up. However, children do mature at different rates. Check with the instructor to see if your child is ready for Martial Arts. Children are taught slightly different techniques and in a different manner than the adults. Whether you are 4 years old or 94 years old, in shape or out of shape Tay Son Nhan is for you!

WHAT RELIGION DO YOU TEACH

Religion is not a factor; it is dedication in teaching the finest of Martial Arts. It is up to each individual as to what path his or her lives will take. South Shaolin is a style of Martial Arts, not a religion, we do teach good common sense and moral values that are essential to Martial Arts. Also, proud of the fact that it is so culturally diverse and the Instructors teach the students to value the difference in every individual.

ABOUT THE INSTRUCTOR

Sifu Magglio Castro, a 2nd Degree Black Belt, is the Chief Instructor taught by Sifu Tony Jordan 5th Degree Black Belt who was taught by Master Hong Nhan, certified by Grand Master To Dinh Than and the Vietnamese government as being Master Instructor in the system.