



## Golden Dragon Health and Physical Fitness Programs / Martial Arts Youth Academy

### Kung Fu

Choy Li Fut Kung Fu is a traditional Shaolin Martial Art System. Our style emphasizes relaxed, internal power rather than stiff, muscular force. This is not only more effective but is also better for the practitioner's health. Choy Li Fut's forms are circular, powerful, and as beautiful to watch, as they are effective in self-defense. Done at full speed, forms provide an excellent cardiovascular workout. Choy Li Fut also includes internal training such as meditation and breathing exercises.



### Tai Chi

Yang style Tai Chi Chuan is ancient Chinese Martial Art. Tai Chi forms are performed in a slow and relaxed manner, which calms the mind and releases the mental and physical tensions of our modern stressful lifestyle. As a martial art, Tai Chi Chuan uses the theory of "four ounces of strength against a ton of force," repelling the opponent without resorting to force against force.

### Sifu Jaime Marquez.

Sifu Marquez has been in Martial Arts since 1965 and is a direct student of Grand Master Doc Fai Wong PhD, since 1972. He is the founder and President of the Golden Dragon Martial Arts Programs and is currently a Professor and Clinical Practitioner at Five Branches University of Chinese Medicine in Santa Cruz California.

### **Classes: WED 6-7 PM --- SUNDAY 9:30- 1 PM**

Wednesday and Sunday program --- (4 week Series) Family discount available

Kids (10-18) \$100

Adults \$125

Wednesday physical conditioning & foundations class ---(4 week Series)

Kids (10-18) \$50

Adults \$65

Sunday Tai Chi 9:30 – 10:30 am---(4 week series)

Kids (10-18) \$100

Adults \$125

For information about our Kung Fu and Tai Chi visit [www.plumblossom.net](http://www.plumblossom.net)

Carmel Youth Center

Located on the Southwest Corner of 4<sup>th</sup> Avenue & Torres Street

Carmel-by-the-Sea 624-3285