

Martial Arts and T'ai Chi



Martial Arts

Welcome to Villa Park Tang Soo Do where future Black Belt leaders are born. Master Tony Perkins, in cooperation with Eagle Academy of Martial Arts, employs his 30+ years of teaching experience to create a safe, fun and enriching experience for students of all ages. Participants will learn the dynamic punches and kicks of the Korean art of Tang Soo Do, along with the practical self-defense applications of Hapkido. Classes are designed to instill confidence, promote self-discipline and improve physical fitness and concentration of all students at any ability level. Uniforms and belt ranking are optional.

COMMUNITY RECREATION BUILDING, 320 E. WILDWOOD AVE, VILLA PARK

Little Champions

Training designed for our youngest martial artists of all ranks. Through the use of soft targets, focused games and obstacle courses, students will learn the basic stances, punches, kicks and blocks used in the martial arts. In addition, they will improve their gross motor skills, balance and coordination. Emphasized throughout the lessons are the essential tenets of concentration, respect and self-control.

AGES: 4-5

\$69	(NO CLASS 12/23, 12/30, 3/30)		11 CLASSES
MAE00-21	M	6-6:45 pm	Dec 2-Feb 24
MAE00-30	M	6-6:45 pm	Mar 2-May 18

Young Leaders - Level I *New and returning leaders White Belt-1/2 Orange Belt*

This high energy class focuses on the basic skills of kicking, punching, blocking, jumping and falling. Martial arts drills challenge students to improve their timing, balance, coordination, strength and flexibility. Emphasized throughout the lessons are the essential tenets of concentration, respect, perseverance and self-control.

AGES: 6-12

\$69	(NO CLASS 12/23, 12/30, 3/30)		11 CLASSES
MAY00-22	M	7-7:45 pm	Dec 2-Feb 24
MAY00-30	M	7-7:45 pm	Mar 2-May 18

Young Leaders - Level II *Yellow Belt- Orange Belt*

Advanced training is for returning students who have earned a yellow belt or higher rank. This fast-paced program is designed to move beyond basic skills to practical application of techniques. Classes include targeting, one-on-one self-defense skills and sparring drills. In addition to demonstrating the essential tenets of martial arts, students are also expected to perform basic techniques with greater proficiency.

AGES: 6-12

\$69	(NO CLASS 12/26, 1/2)		11 CLASSES
MAY01-21	Th	6-6:45 pm	Dec 5-Feb 27
MAY01-30	Th	6-6:45 pm	Mar 5-May 21

Intermediate/Advanced Youth *Orange/Green Belt-Brown Belt*

Advanced training is provided for returning students who hold the rank of 7th Gup (orange/green) through Cho-Dan Bo (Blue belt). This program focuses on rank required skills and techniques. Classes include basic and advanced kicks, punches, targeting, self-defense skills and one-on-one sparring drills. In addition to demonstrating the essential tenets of martial arts, students are also expected to perform basic techniques with greater proficiency.

AGES: 6-12

\$69	(NO CLASS 12/26, 1/2)		11 CLASSES
MAY02-21	Th	7-7:45 pm	Dec 5-Feb 27
MAY02-30	Th	7-7:45 pm	Mar 5-May 21

Adult Group *All Ranks*

This class is open to all students age 13 and over and advanced youth with consent of the instructor. High energy classes combine dynamic kicking and punching drills, joint locks and escapes, sparring and traditional weaponry as appropriate to the student's rank. Emphasis is placed on physical fitness, practical self-defense and martial arts etiquette and philosophy. All lessons are tailored to student's age, experience level and physical abilities.

AGES: 13 and older

\$89	(NO CLASS 12/23, 12/26, 12/30, 1/2, 3/30)		11 CLASSES
MAA02-20	M	8-9 pm	Dec 2-Feb 24
MAA02-21	Th	8-9 pm	Dec 5-Feb 27
MAA02-30	M	8-9 pm	Mar 2-May 18
MAA02-31	Th	8-9 pm	Mar 5-May 21

T'ai Chi Chuan & Continuing Ta'i Chi

T'ai Chi is practiced by millions of people every day, who consider it to be an integral part of their lives, giving them good health, a calm stress-free mind and a flexible body. T'ai chi has been firmly established as the exercise routine for balance. It is appropriate for participants of any age or fitness level, the exercises are characterized by slow, graceful movements. Through practice you can expect to improve posture, balance, coordination, flexibility & strength, reduce blood pressure, stress, release tension, and you can expect a feeling of positive energy to flow through your body.

7 CLASSES

IOWA COMMUNITY CENTER

AGES: 13-59 **\$77**
AGES: 60 and older **\$60**

Beginner T'ai Chi

FTN01-30	Tu	2-3 pm	Feb 4-Mar 17
FTN01-31	Tu	2-3 pm	Mar 31-May 12
FTN01-10	Tu	2-3 pm	May 26-Jul 7

Continuing T'ai Chi

AGES: 13-59 **\$90**
AGES: 60 and older **\$70**

FTN02-30	Tu	2-3:30 pm	Feb 4-Mar 17
FTN02-31	Tu	2-3:30 pm	Mar 31-May 12
FTN02-10	Tu	2-3:30 pm	May 26-Jul 7

T'ai Chi Sword

Beyond the T'ai Chi form, lies the elegant and effective T'ai Chi Sword form. With its dramatic moves and turns, and its shining blade sweeping through the air and the tassels swirling about, it always captures the attention and imagination of young and old alike. T'ai Chi Sword students can expect to enhance their art and self-expression, and to further refine themselves. Through continued practice you can expect to improve posture, balance, coordination, flexibility & strength, reduce blood pressure, stress, release tension, and you can expect a feeling of positive energy to flow through your body.

IOWA COMMUNITY CENTER

AGES: 13-59 **\$45**
AGES: 60 and older **\$35**

FTN03-30	Tu	3:30-4 pm	Feb 4-Mar 17
FTN03-31	Tu	3:30-4 pm	Mar 31-May 12
FTN03-10	Tu	3:30-4 pm	May 26-Jul 7

NEW

Eastern Philosophy & Qigong

Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality. What are the philosophies that lead them to these practices? Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin and Yang, The Tao, The Five Elements and more in a classroom setting. Learn basic Qigong exercises and meditations that begin the practices that lead to health and longevity. The exercises are effective and easy to learn, using slow, gentle, graceful rocking and stretching motions combined with relaxed breathing they can help calm your mind, reduce tension and anxiety, regulate heart rate and blood pressure, boosting energy and lowering blood pressure. For the exercises participants may choose to sit or stand as needed. An ideal class for those new to Eastern philosophy, Qigong and T'ai Chi.

AGES: 13 and older **\$97**

5 CLASSES

BLOOMINGDALE PARK DISTRICT, 172 S CIRCLE AVE, BLOOMINGDALE

FTN21-30	F	1:30-4 pm	Feb 14- Mar 13
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