

CARTWHEEL SUMMER CAMP

By Legend Kung Fu Academy



Enhance your learning power from exercise



Summer is a great time to recharge your children's body and brain. More and more researches have found that exercise benefits not only your body but also your brain. Legend Kung Fu Academy particularly designs a set of exercises to build body coordination, improve concentration, and boost confidence for your kids. **Sign up now the Cartwheel Summer Camp for your children to have them enjoy the fun of exercise, release their tension and get them ready for a new challenging school year!**

Target: 5-12 year old children

Date: Session 1: 7/8 – 7/12

Session 2: 7/15 – 7/19

Time: 9:00AM - 12:00PM

Fee: tuition \$160 , registration \$20

For registration

Tel: [510-579-1091](tel:510-579-1091)

Website: www.legendkungfu.com

Camp site: [39650 Cedar Blvd., Newark, CA 94560](http://39650CedarBlvd.com)

**Sign up with this card by 6/25 to receive
10% off of tuition**

Basic wushu skills:

Several floor and mat exercises include cartwheel, bridge, split will be taught. At the end the camp your child will be able to do a cool cartwheel for you to watch!

Animal fists:

Imitating tiger, deer, bear, monkey, crane and other animals to enhance flexibility of the limbs as well as to stimulate the children's imagination!



Cartwheel contest :

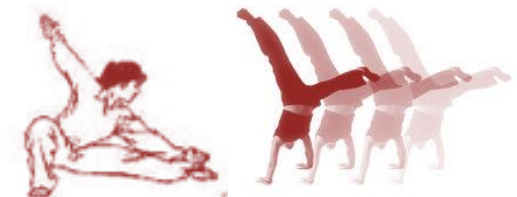
At the end of each camp, there will be a Cartwheel Contest. Who can do the most cartwheel within one minute will be the champion. The top three winners will be awarded!

Children's self-defense:

By teaching self-defense, children will be trained to be aware of attacks of different situations and know how to protect themselves.

Five-Step Fist:

Five-Step Fist is the most basic fist form of traditional Chinese martial arts. It's a combination of five stances: bow, horse, drop, empty and rest as well as five basic hand skills. Through this exercise, children are not only able to demonstrate a most basic wushu form but also take a look at the wonders of the traditional Chinese martial arts!



車輪翻夏令營

傳奇功夫學院



從運動中提升孩子的學習力

暑假來臨，對小朋友而言，正是一個為身體充電，讓頭腦活躍的大好時機！越來越多的研究發現運動不只對身體好，對大腦也好。傳奇功夫學院特別精心設計了一套將運動融入日常生活中的課程，讓小朋友們在動靜跳躍裡，培養肢體的協調感，建立開朗與自信的學習態度。**想幫您的孩子打擊分心，紓緩壓力，為開學後忙碌的生活累積更大的能量嗎？**請趕快利用暑假為他們報名加入「側空翻夏令營」，讓孩子好好舒展筋骨，享受運動帶給他們更大的活力與學習力！

招生對象：5-12 歲兒童

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費用：學費\$160，報名費\$20

報名方式：

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憑此卡於6月25日前報名可享學費10%折扣

武術基本功：

一系列的地板及墊上運動，如車輪翻(cartwheel)、下腰(bridge)、劈腿(split)等，幫助小朋友學會多種基本功，讓小朋友四肢很發達，頭腦不簡單！

兒童防身術：

藉由防身術教學，使小朋友能對不同情境的攻擊有所警覺，懂得加以防範，並能夠臨危不亂的面對。

動物拳法：

從模仿虎、鹿、熊、猿、鶴等多種動物來練習肢體的柔軟與靈活度，激發小朋友的想像力，享受武術的樂趣！



五步拳：

傳統中國武術中最基本的套路，由五種基本步型（弓、馬、仆、虛、歇）及五種基本手法（沖拳、架打、蓋打、穿掌、挑掌）組合而成。小朋友通過五步拳的練習，不僅可以增進身體的協調及平衡能力，更可一窺傳統中國武術的奧妙！

側空翻大賽：

每一期的夏令營都有一場車輪翻大賽，能在一分鐘內做出最多車輪翻的小朋友即是冠軍！前三名的小朋友都能獲得獎勵！

