

SYDNEY



SELF DEFENCE CENTRE



**CLASSES
SEPT
2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6.30 - 7.30 am SHIFU'S QIGONG FOR LIFE			9.00 - 10.00 am Cubs ALL LEVELS	SCHEDULED SELF DEFENCE WORKSHOPS
				10.15 - 11.15 am SHIFU'S QIGONG FOR LIFE	10.30 - 11.30 am Tigers ALL LEVELS	
					12.00 - 1.00 pm SHIFU'S QIGONG FOR LIFE	
4.30 - 5.30 pm Cubs/Tigers BEGINNER	4.30 - 5.30 pm Cubs/Tigers BEGINNER	4.30 - 5.30 pm Cubs/Tigers BEGINNER			1.00 - 2.00 pm Adult/Falcon ALL LEVELS	
5.30 - 6.30 pm Cubs/Tigers INTERMEDIATE	5.30 - 6.30 pm Cubs/Tigers ADVANCED 4+	5.30 - 6.30 pm Cubs/Tigers INTERMEDIATE	5.00 - 6.00 pm Cubs/Tigers BEGINNER	5.30 - 6.30 pm Cubs/Tigers INTERMEDIATE	3.00 - 5.00 pm STORM STUDY CLASSES LEVELS 3 - 5 1 PER MONTH DAYTIME TRAINER STUDY CLASSES Senior & Assistant 1 PER MONTH SUPER CLASSES STUDY CLASSES When Available	
6.30 - 7.30 pm WEAPONS CLASS	6.30 - 7.30 pm SHIFU'S QIGONG FOR LIFE	6.30 - 7.30 pm SHIFU'S BLACK SASH CLUB	6.00 - 7.00 pm DEMONSTRATION COMPETITION TEAMS	6.30 - 7.30 pm SHIFU'S QIGONG FOR LIFE		
7.30 - 8.30 pm Adult/Falcon BEGINNER	7.30 - 8.30pm Adult/Falcon ALL LEVELS	7.30 - 8.30 pm Adult/Falcon BEGINNER	7.00 - 8.00pm BLACK SASH STUDENTS	7.30 - 8.30 pm Adult/Falcon BEGINNER		
8.30 - 9.30 pm Adult/Falcon INTERMEDIATE	8.30 - 9.30 pm Adult/Falcon ADVANCED 4 +	8.30 - 9.30 pm Adult/Falcon INTERMEDIATE	8.00 - 9.00pm SPARRING CLASS	8.30 - 9.30 pm Adult/Falcon INTERMEDIATE		

CUBS	5 - 9 Years
TIGERS	10 - 12 Years
FAL-CONS	13 - 17 Years
ADULTS	18 Years +

Qi Gong	13+ Years
Demo Team	Yellow +
Black Sash Club	Shifu's Discretion
Black Sash Students	Provisional Black +

Beginners	No Grading
Intermediate	Yellow +
Advanced	Blue +
Weapons	Yellow +
Sparring	Yellow +

PHONE: 02 9564 2444

**SYDNEY SELF DEFENCE CENTRE
YIQUAN KUNGFU ACADEMY
QIGONG FOR LIFE MARRICKVILLE
CORNER OF MARRICKVILLE & LIVINGSTONE RDS
chriscoles@sydney-selfdefence.com.au
www.sydney-selfdefence.com.au**