

Kung Fu San Soo Center

Winter Class Schedule

Kung Fu Class Schedule:

5610 Silverado Way, Ste. A6, Anchorage, AK 99518
Office: 562-1240

Tu - Th - Fri = 6p to 7p+
Sat = 12n to 3p

Regular Student Fees:

Intro Class: \$29.95 (three half-hour sessions, includes a student uniform)

Intro Special: \$99/first three months

On-going student: \$75/month

Monthly Self Defense Series:

January is Basic Women's Self Defense. Class meets for three Saturdays, 1/13, 1/20, and 1/27 from 12 noon to 3p.

Cost: \$75/person (15 years old and up)

Curriculum is defense against grabs, holds, pins, chokes, etc. Additionally, training in situational awareness, research on 'what works' in self-defense, and other topics.

February is Intermediate Women's Self Defense. Class meets for three Saturdays, 2/10, 2/17, 2/24, from 12 noon to 3p.

Cost: \$75/person (15 years old and up)

Curriculum is review of defense against grabs, holds, pins, chokes, and defense against multiple attackers, and weapons. Additional training in knowing the enemy, the Rescue Triangle, and other topics.

March is Mother-Teen Daughter Self Defense. Class meets for three Saturdays, 3/10, 3/17, 3/24, from 12 noon to 3p.

Cost: \$75/person (15 years old and up)

Curriculum is defense against grabs, holds, pins, chokes, etc. Additionally, training in situational awareness, tandem fighting, non-violent conflict resolution, and other topics.

April is Co-Ed Self Defense. Class meets for three Saturdays, 4/14, 4/21, 4/28, and 1/27 from 12 noon to 3p.

Cost: \$75/person (15 years old and up)

Curriculum is defense against grabs, holds, pins, chokes, etc. Additionally, training in situational awareness, research on 'what works' in self-defense, and other topics.

May is Off to College Self Defense. Class meets for three Saturdays, 5/12, 5/19, 5/26, from 12 noon to 3p.

Cost: \$75/person (15 years old and up)

Curriculum is defense against a grabs, holds, pins, chokes. Additionally, we cover the type of situational awareness necessary on a college campus.