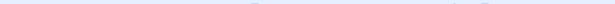




Martial Arts - Self Defense

Shaolin Kung Fu Tuesdays from 12.00 to 13.00 - Gym C

In this open level class practitioners will learn stretching, stances, kicks, jumps, combination movements, body conditioning and empty-hand forms. All classes begin with a Shaolin stretch warm-up followed by Shaolin fundamentals. Then there is form practice and body conditioning . All are welcome.





Teacher: David Kaplan

David Kaplan is the founder of the Kaplan Martial Arts, an eclectic blend of Chinese (Shaolin Kung Fu) and Japanese (Kyokushin Karate) Martial Arts. For over twenty years he has been teaching children, adults and seniors at numerous U.S and international locations including Fortune 500 companies. A student of World Oyama founder Shigeru Oyama and USA Shaolin Temple founder and abbot Shi Yan Ming David has dedicated countless hours of disciplined training on honing his craft. In addition to teaching David is also an martial arts performer and dragon dancer whose credits include The Discovery Channel The Secrets of the Warriors Power, Justin Steele City Athletes and numerous Chinese New Year Festivals.

more info: <u>https://www.davidkaplanmartialarts.com/</u>

cally take place on blacktop in the center o the park. But the rain on this recent morn-ng displaced us and other regular exercise ups to the park's covered pavilion. Nine us gathered in a circle and stretched, hear dozens of older women who were en-gaged in traditional Chinese dance.

Soon we began drills: front slap-kicks ith arm rotations and punches, outside and inside kicks, and a series of warrior oses. Among these were bow-and-arrow nd wide-leg horse stances — a sort of deep quat — with forward jabs.

Mr. Kaplan, who works full time as a cor-porate fitness instructor and has performed martial arts in independent films, first demonstrated each pose in a crisp style that re-called Bruce Lee. Then he watched as we mimicked him (or tried to) in two single-file tight lines. kick lines. Midway through the drills, he held up a

red cushion as high as our heads and had each of us aim kicks at it. Mercifully, he lowered the height of my target after I'd strug-gled to reach it. He offered personal sugges-tions to each student, emphasizing technique and comfort over speed and exten-All the while, a Chinese man played a

David Kaplan's classes are held in Columbus Park, Mulberry and Bayard Streets, China-town, at 7 a.m., Monday through Friday, and 8 a.m. on Saturday. Additional classes are held elsewhere. He takes donations. Details m brooklynshaolin@gmail.com.



David Kaplan with one of his students in Columbus Park in Chinatown, where he teaches his pay-what-you-can classes six mornings a week, rain or shine.

wooden flute above the traditional record-ing to which our neighbors were dancing with red and yellow paper fans. Onlookers came and went, several breaking from nearby chess games to study the moves of our mostly Western group. We concluded the class with leg-strength-ening exercises — frog leaps and crouching duck walks — and another series of full-

body stretches Afterward, all but one student went for a traditional Chinese breakfast, a postclass

At Big Wong King on Mott Stree Tadashi Moriyama, a Japanese artist livin in Brooklyn, ate his egg congee with gus and related how he had created a drawin of Mr. Kaplan - one the instructor uses in his marketing materials - in e change for regular workouts. In addition honing his martial arts skill, Mr. Moriya said he had particularly enjoyed interacti with the local Chinese por "It's a great cultural exchange," he said

"Before I came to Chinatown just to eat Now I come to exercise too."

(2014 New York Times' article)

First lesson free of charge single class: €15 10 classes: €130

(to be used within ten weeks)

For booking: fao-staff-coop@fao.org / 0657053142

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