



Martial Arts - Self Defense

Shaolin Kung Fu WORKSHOP

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 a 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.



(2014 New York Times' article)

EVERY THURSDAY
From 13.00 to 14.00
Gym C

Fee: 20€ x single class
60€ (months with 4 thursdays)
75€ (months with 5 thursdays)
For booking: fao-staff-coop@fao.org

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