



# AAU Tiger Kids Family Martial Arts

## A program for fitness and self-defense at any age!



**Improves listening skills!**



### Chief Instructor Mitch Mayberry:

- \*Over 35 years experience in martial arts
- \*Over 25 years experience in teaching
- \*8<sup>th</sup> degree black belt in Kung Fu
- \*8<sup>th</sup> degree black belt in Okinawan Karate
- \*8<sup>th</sup> degree black belt in Tae kwon Do
- \*Multiple national/international champion
- \*Former AAU National Head Coach
- \*National Sports Science Instructor
- \*Certified personal trainer/aerobics inst.
- \*Certified Kali/Escrima instructor.

**Affordable Martial Arts for the Whole Family! Courses Beginning Fall 2009**

### This Family Martial Arts Program:

Is designed to help your child develop...

- \*Self-confidence
- \*Focus
- \*Motor skills
- \*Coordination
- \*Discipline
- \*Respect for others

We use a combination of martial arts fundamentals, games, and teaching aids to achieve these goals and to reinforce skills.

**Fitness with a purpose!**

**QUESTIONS? Call (425) 774-2787 or [www.TigerKid.com](http://www.TigerKid.com)**  
23509 Edmonds Way Edmonds, WA 98026

FAMILY MARTIAL ARTS CLASS START DATES (children 5 yrs to adult)					
Fall	Late Fall	AREA	TIME	DAY	LOCATION
9/14 (7wks)	11/2 (7wks)	Woodinville*	4:30 pm	MON	Park Dept. 17401 133rd Ave NE 398-9327
9/14 (7wks)	11/2 (7wks)	Snohomish	6:30 pm	MON	Central Elementary 221 Union Ave 774-2787
9/8 (8wks)	11/3 (7wks)	Sno/E Mill Ck	6:30 pm	TUES	Willis Tucker Pk 6705 Puget Park Dr. 388-6600
9/8 (8wks)	11/3 (7wks)	Mill Creek*	4:30 pm	TUES	Community Room 15720 Main St. 921-5779
9/10 (7wks)	10/27 (7wks)	Lk Stevens	4:45 pm	THUR	Lake Stevens Middle School 91st Ave 335-1500
9/10 (7wks)	10/27 (7wks)	Arlington	6:45 pm	THUR	Old High School 600 East 1st St. (French) 403-3448
9/11 (8wks)	11/6 (7wks)	Mill Creek*	4:30 pm	FRI	Community Room 15720 Main St. 921-5779
10/23 (8wks)	----	Lk Stevens	6:00 pm	FRI	N. Lk. Middle school 2202 123rd Ave NE 335-1500

**Fun & Fitness With Padded Sword Sparring & Bag Kicking!**



### TINY TIGER CLASSES: FUN & LESS INTENSE (3-5 yr olds)

Fall	Late Fall	AREA	TIME	DAY	LOCATION
9/14 (7wks)	11/2 (7wks)	Woodinville	3:55 pm	MON	as above
9/11 (8wks)	11/6 (7wks)	Mill Creek	4:00 pm	FRI	as above



### Class Fees:

**8 week course \$80\***  
**7 week course \$70\***  
 \*plus Annual AAU fee (\$12/youth)  
 NOTE: \*Fees may vary slightly.  
 Limited scholarships are available.

**New students receive a free t-shirt!**



**NEW CLASS: TEEN & ADULT KUNG-FU/ESCRIMA FOR SELF-DEFENSE AND FITNESS!**

Fall	Late Fall	AREA	TIME	DAY	LOCATION
9/8 (8wks)	11/3 (7wks)	Sno/E. Mill Ck	7:30 pm	TUES	Willis Tucker Park (as above)

Note: No t-shirt given for this course. Children ages 10 to 12 years may attend with adult participation.



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