

Dynamic & Fun Martial Arts Classes

Here at Chabot!



Grades 1st-5th
Wednesdays 2:05-3:05pm, 3/24-6/9
(No class 4/7)

Poekoelan is a martial art from Indonesia based on the movements of four animals: the monkey, the crane, the snake and the tiger. Our kids program includes aerobic exercise, coordination skills, and practical self-defense. Above all, Poekoelan training promotes non-violence, self-confidence and respect for others in a safe, fun and caring environment.

Parents often tell us that they see the skills that are developed in Poekoelan – coordination, focus and discipline – transfer to greater success in school and other extra-curricular activities. Studio Naga provides classes at Chabot, Montclair, Thornhill, Hillcrest, & Joaquin Miller elementary schools, the Berkeley YMCA, the Oakland JCC and our own beautiful North Oakland studio. Call or check our website for our summer camps and other fun stuff!



Cost: \$132/11 classes
* 10 student minimum. "First-come first-serve." Scholarship opportunities.

Pay online or send this form and payment to:
Studio Naga, 5850 San Pablo Ave. Oakland, CA 94608.
Questions? Call Studio Naga at (510) 652-6242 (NAGA!)
or visit www.studionaga.com to register and pay online.

Voted Best of the Bay!

San Francisco Magazine cites Studio Naga the BEST OF THE BAY:
"What we love... Studio Naga Giving Kids Cool Survival Skills!"

- Name: _____
- Primary Email: _____
- Address: _____
- City, State, Zip: _____
- Cell Phone: _____
- Home Phone: _____
- Emergency Contact and Phone: _____
- Parent(s) Names: _____
- School & Grade _____ Adv Time?: _____



STUDIO NAGA

A Tulen Center for Indonesian Martial Arts & Wellness

