

# 波特蘭少林武功中心

## Portland Shaolin Center's **YOUTH TRAINING**

The Portland Shaolin Center's Youth Training Program brings a creative and fun approach to teaching traditional Kung Fu skills to a younger generation. Our goal is to guide students in developing into excellent martial artists and healthy and happy individuals. It is our hope that the training we provide will help our students to become centered, confident, and socially aware agents for positive change in their communities.

The Youth Training Program at the PDXSC is open to students ages 8 to 12 and is designed for students of all levels and abilities. Throughout the course of their training, students will have the opportunity to develop skills in all the classical areas of traditional Kung Fu, including empty hand forms, basic weapons training, self-defense techniques, supervised and controlled sparring, chi kung, and meditation.

The Shaolin Kung Fu training at the PDXSC helps young adults develop respect for themselves and others, care for their minds and bodies, and develop the tools to approach challenging situations with patience and focus. It is our hope that investing time and effort in our program will have an invaluable positive effect on our students for a lifetime.



## **INSTRUCTOR PATRICK BURKE**

For over 30 years Patrick has gained great insight and experience through the study of Martial Arts, earning rank in Aikido, Ju-jitsu, Hapkido, Kenpo and Shaolin Kung Fu. A father of four, Patrick has several years of experience assisting grade school classroom fundamentals in both volunteer and professional capacity. As an employee in the public schools, Patrick gained tremendous exposure to classroom management and student communications through ongoing educational workshops such as Positive Student Behavior and Bullying / Harassment Intervention. He has taught Tai Chi through Portland Parks and Recreation as well as leading summer Martial Arts Camps and soccer coaching through his local school district.

Please feel free to contact Patrick at [patrick@portlandshaolin.com](mailto:patrick@portlandshaolin.com)



### **FEES**

#### **ONE CLASS PER WEEK:**

Monthly	\$75
3 Months	\$200
6 Months	\$350
1 Year	\$595

#### **TWO CLASSES PER WEEK:**

Monthly	\$100
3 Months	\$250
6 Months	\$450
1 Year	\$750

### **CLASS TIMES**

Tuesdays: 4.30pm - 5.30pm  
Fridays: 4.30pm - 5.30pm

### **BEGINNER'S ATTIRE**

Loose, comfortable clothes.  
Please, no jeans or other martial arts uniforms. Bare feet are encouraged!

**1<sup>st</sup> Class  
FREE!**

**SPACE IS LIMITED  
CONTACT US TO SIGN UP!**

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