

One with Heart

MARTIAL ARTS * FITNESS * WELLNESS

OUR SCHOOL is in the network of *Tulen Centers* across the nation and around the world that train the Indonesian martial art known as *Poekoelan Tjimindie Tulen*.

We're honored that you've joined our school. *One With Heart* is a vibrant community where we nurture, train, and live a beautiful life by embracing & practicing *Compassionate, Balanced Action*.

Contact Us (on Hawthorne)

If you have other questions, feedback, or other concerns, please don't hesitate to ask.

503.231.1999 front desk

hawthorne@onewithheart.com

4231 SE Hawthorne Blvd. Portland, OR 97215

Monday - Friday

11 am – 9pm

Saturday

9 am – 5pm

Sunday

9 am – 2pm

Other Portland Locations

St. Johns

8641 N Lombard St. Portland, OR 97203

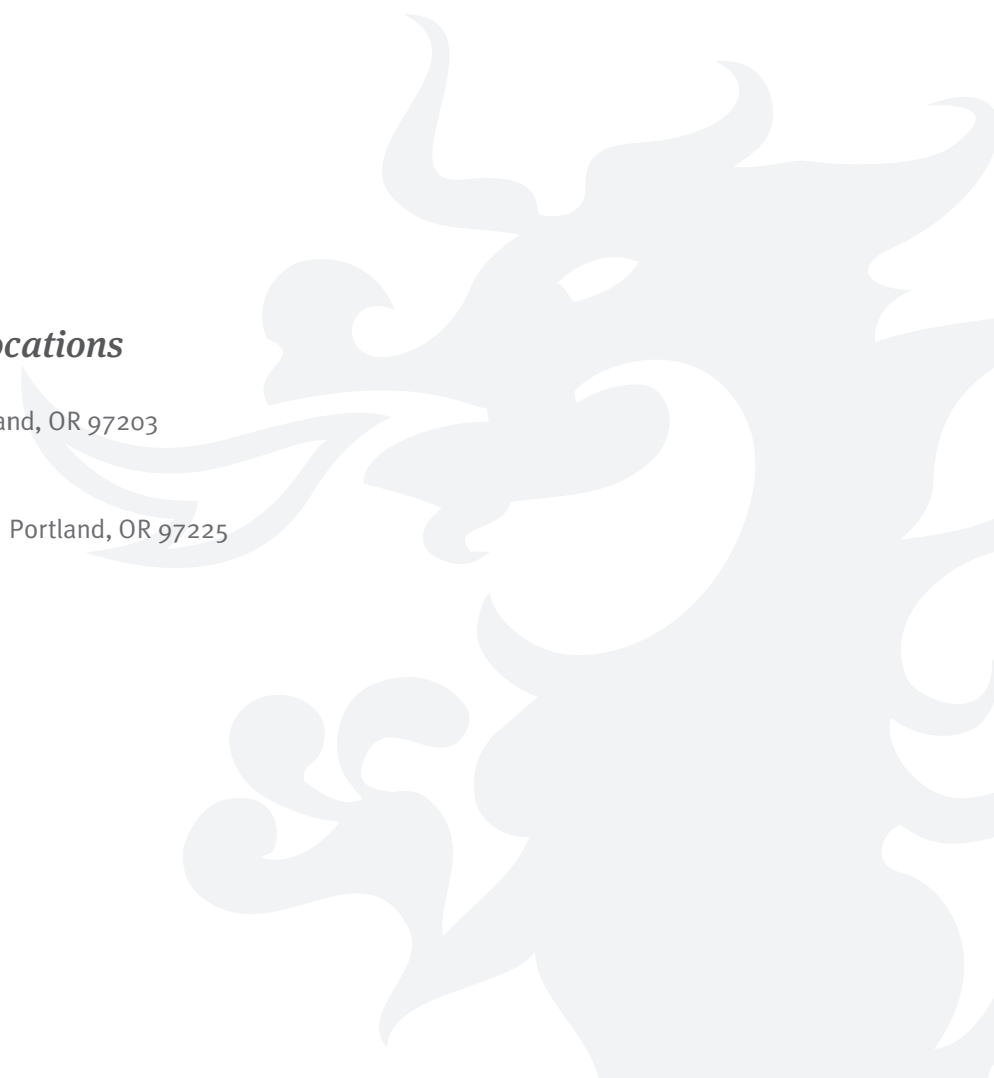
503.283.1313

Beaverton

4710 SW Scholls Ferry Rd. Portland, OR 97225

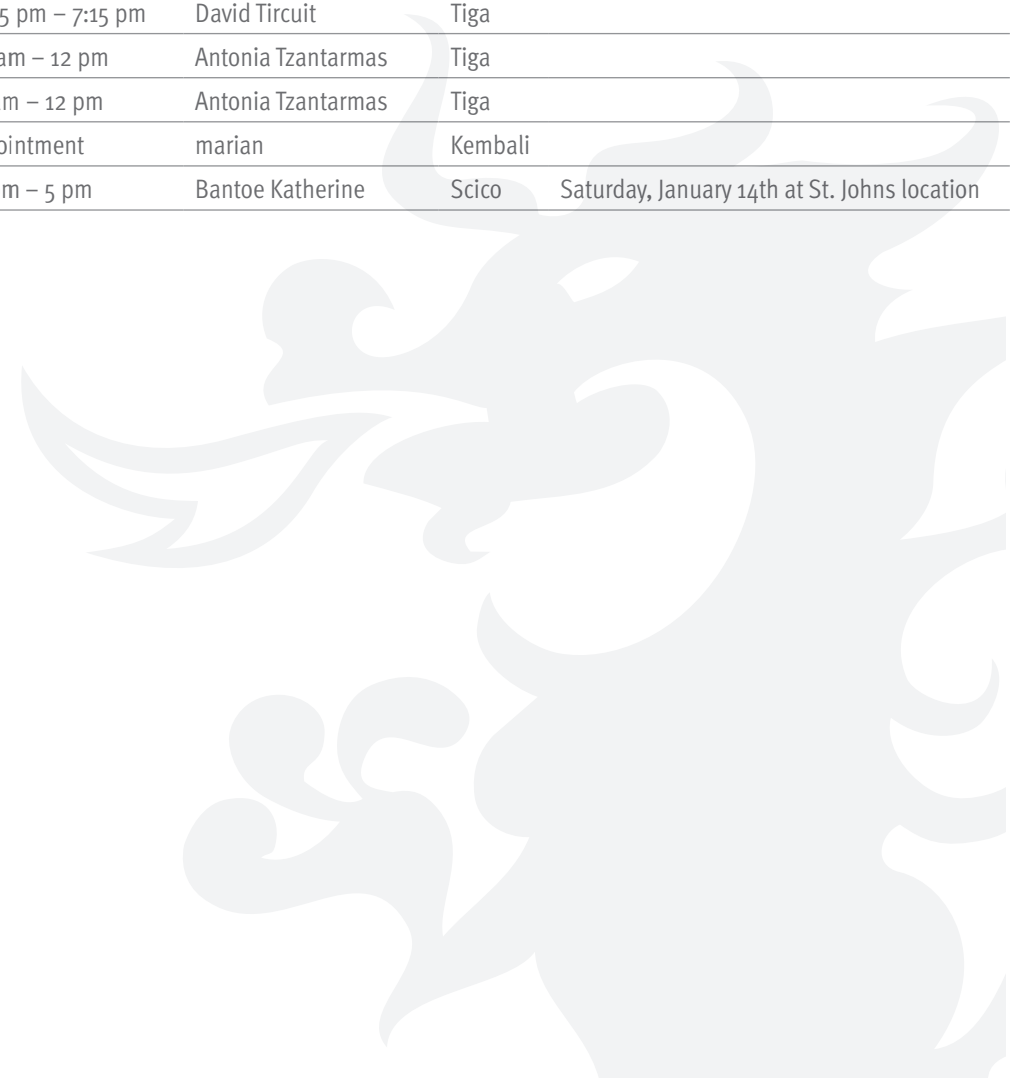
503.291.9333

Course Catalogue
WINTER 2012
Adults & Teens



CATEGORY	PG.	CLASS	DAYS	TIME	TRAINER	ROOM	DETAILS
Poekoelan Cun Tao	pg 1	Adult Cun Tao	Mon & Wed	6:30 pm - 7:45 pm	Goeroe Joel Much	Scico	
			Tues	7:30 pm - 8:45 pm	Mas Lisa Angus	Scico	
			Fri	6:30 pm - 7:45 pm	Mas Adam Bleeker	Scico	
			Tues & Thurs	12 pm - 1:15 pm	Mas Jonathan Sacket Mas Jen Little-Reece	Scico	
			Saturdays	10 am - 11 am	Mas Brian Leitner	Scico	
Poekoelan Third Phase	pg 2	White, Gold & Blues Sash Standards	Wednesdays	7:30 pm - 9 pm	Bantoe Jenny Davidson Bantoe Abi Phillips	Scico	
		Green & Brown Sash Standards	Wednesdays	7:30 pm - 9 pm	Goeroe Jennifer Jordan Pendekkar Heidi Brown	Naga	
		3rd Phase Standards	Thursdays	7:30 pm - 9 pm	Mas Goeroe Scott	Naga	
		Black Belt Standards	Saturdays	9 am - 10 am	Goeroe Joel Much	Naga	
Tulen Fighting Classes	pg 3	Black Belt Principles	Tuesdays	7:30 pm - 9 pm	Mas Goeroe Janesa	Naga	
		Open 3rd Phase Fighting	Saturdays	10 am - 11 am	Mas Goeroe Scott	Tiga	
		Open 3rd Phase	Mondays	7:30 pm - 9 pm	Mas Goeroe Janesa Bantoe Micah Hogan	Naga	
		Matjajan	Thursdays	11 pm - 12 pm	Mas Goeroe Janesa	Scico	
Weapons Classes	pg 3	Pa Kua Do - Broadsword	Fridays	7:15 pm - 9 pm	David Tircuit	Tiga	Starts January 27th
		Silambam - Indian Staff	Saturdays	12 pm - 1:15 pm	Mas Mano	Tiga	

CATEGORY	PG.	CLASS	DAYS	TIME	TRAINER	ROOM	DETAILS
Fitness	pg 4	Fitness	Saturdays	10 am – 11 am	Tyrone Spencer	Ampat	CrossFit Level 1 Trainer
			Mon & Wed	6:30 pm – 7:30 pm	Tyrone Spencer	Ampat	CrossFit Level 1 Trainer
		Fitness	M, W, F	6:30 am – 7:30 am	Dre Williams	Ampat	CrossFit Level 1 Trainer
		Boxing	Tues & Thurs	6:30 pm - 7:30 pm	Reggie Davis	Ampat	
Saturdays	9 am - 10 am		Reggie Davis	Ampat			
Sundays	12 pm - 1 pm		Micah Hogan	Ampat			
Internal Arts	pg 5	Tai Chi	Mondays	7:30 pm – 8:45 pm	David Tircuit	Tiga	
			Fridays	6:15 pm – 7:15 pm	David Tircuit	Tiga	
		Qigong - Level 1	Thursdays	11 am – 12 pm	Antonia Tzantarmas	Tiga	
		Qigong - Level 2	Tuesdays	11am – 12 pm	Antonia Tzantarmas	Tiga	
Kembali Wellness	pg 5	Wellness Session	Sessions are by appointment		marian	Kembali	
Self-Defense	pg 6	3 Hours of Power	See details	2 pm – 5 pm	Bantoe Katherine	Scico	Saturday, January 14th at St. Johns location





COMPASSIONATE BALANCED ACTION

Introduction to Cun Tao

Cun Tao means self-defense. It is the first phase of training in Poekoelan Tjimindie Tulen. Men and women learn highly effective self-defense skills in an atmosphere of mutual respect. Gradient, progressive training and individualized instruction allow students to advance at their own pace.

Poekoelan Tjimindie Tulen was founded by master teacher, Mas Goeroe Agoeng Willy Wetzel. He passed the art on to Mas Goeroe Agoeng Barbara Niggel, and we are honored to train with her today. Poekoelan Tjimindie Tulen offers a comprehensive self-defense program called Cun Tao.

In Cun Tao class you will learn basic martial arts techniques; including falls, kicks, punches, parries and beginning forms. Train a prescribed series of 108 quick releases from both empty handed attacks and attacks with weapons. Students practice meditation and train in a spirit of compassion. Conditioning and strength building are included in every class. The Cun Tao program takes about 6 months to 1 year to complete depending on your level of training. Upon graduation you will receive your white sash and begin *Third Phase* classes.

Poekoelan Tjimindie Tulen

Poekoelan Tjimindie Tulen is a celebration of much love, dedication, discipline, and fortune that provides practitioners an art through which they can engage in the *marvelous process of life* and training.

Poekoelan Tjimindie Tulen is Compassionate, Balanced Action.

Cun Tao Classes

ADULT CUN TAO

Men and women increase fitness and gain valuable self-defense skills in this high energy class. Learn basic martial arts techniques including falls, kicks, punches, parries and beginning forms. Train a prescribed series of quick releases from empty handed attacks and attacks with weapons.

Cun Tao students have an exception to our attendance policy: They are allowed to make up classes missed the same week.



Introduction to Third Phase

Third Phase includes the practice of standards, personal forms and weapons forms – both Chinese and traditional Indonesian. Third Phase classes are introductions to fighting, where practitioners learn joeroes (combinations of strikes) from all four animals, along with the internal development of the ilmu (spirit) of each animal.

With our new emphasis on classes by standards based on Tulen requirements, white sashes through black belts will train together. Students are taught at their rank level while gaining insight and inspiration from advanced teammates.

Prerequisite for Third Phase training: Students must have completed Cun Tao and be White Sash or above.

Third Phase Classes

ADULT WHITE, GOLD & BLUE SASH STANDARDS

White and Gold Sashes receive focused instruction on standards required for their rank. White Sashes learn Lunka Satoe, Set 1, Pelejeron Sepak, the mawasi's from Pelejeron Poekoe and practice the first 10 stances. Gold Sashes learn Lunka Doewa, Set 2, Sepak Tjimindie, the elbow strikes from Pelejeron Poekoe and practice the first 20 stances. Blue and Green Sashes receive focused instruction on standards required for their rank. Blue Sashes learn Lunka Doewa, Pelejeron Sepak, the elbow's from Pelejeron Poekoe, and practice the first 10 stances.

ADULT GREEN & BROWN SASH STANDARDS

Green Sashes learn Lunka Tiga, Set 2, Sepak Tjimindie, Sepak Tjikalong, the knee strikes from Pelejeron Poekoe, and practice the first column of stances. Brown Sashes learn Lunka Ampat, Snake Head movements of Pelejeron Poekoe, Set 3, and refine forms in preparation for Black Belt.

OPEN 3RD PHASE CLASS

This class will develop techniques that can be applied to forms and to fighting. Work applications of techniques for speed and accuracy. This class is designed to be open to all students White Sash and above, and will progress as the students progress.

BLACK BELT STANDARDS

The Black Belts will train advanced standards in Lunkas, Goeroe's Set, and the Black Belt Kumbong. Black Belt peers will practice and refine techniques, paying special attention to breath, ilmu and flow.

For 1st – 7th Degree Black Belts

Tulen Fighting Classes

BLACK BELT PRINCIPLES

Black Belts 1 – 7th degree train the advanced Tulen principles. Each month Mas Goeroe Janesa will pick three Tulen principles at random from our Tulen cards. Black Belts practice these principles for a month then she chooses another three. Expect the unexpected and advance your Tulen skills on the mat and in your life.

Gear: Students must bring fighting gear to class including: foot gear, shin guards, hand gear, head gear and mouth guard.

OPEN 3RD PHASE FIGHTING

Develop your application of basic skills by practicing with a wide range of fighters.

Continue to advance your fighting techniques in a safe, high energy atmosphere. Mas Goeroe Janesa's individualized instruction will greatly increase your ability and confidence.

Gear: Students must bring fighting gear to class including: foot gear, shin guards, hand gear, head gear and mouth guard.

MATJANAN

Learn the basics of Matjanan, the movements of the Tiger. Practice kicks, strikes and sweeps from the Matjanan. Use soccer balls, pad work and partner drills in floor exercises. The Matjanan teaches strength and speed with explosive movement. You will get a great cardio workout in this grounding class.

Gear: Students must bring fighting gear to class including: foot gear, shin guards, hand gear, head gear and mouth guard.

3RD PHASE WOMEN'S FIGHTING

Women train the basics of Tulen fighting; parries, kicks, striking from movement and Tulen fighting principles. Gain confidence and feel the support of other women as you advance your fighting skills.

Weapons Classes

PA KUA DO - BROADSWORD

The Broadsword is considered the King of Chinese Short weapons. Most varieties of broadsword share characteristics of being single edged and curved. The animal connected with this weapon most often is Tiger; it is said that one should play the broadsword like a hungry tiger descending from the mountains.

This form employs postures which move from low to high and combine with dynamic leaps; extended body movements develop the tendons and bones while the spinning moves of the broadsword strengthen the wrists.

Cost: \$350

- ▶ January 27th
- ▶ February 3rd
- ▶ February 10th
- ▶ February 24th
- ▶ March 2nd
- ▶ March 9th
- ▶ March 23rd
- ▶ March 30th
- ▶ April 6th
- ▶ April 20th

Transformation and Focus memberships include 1 Indo Weapon workshop per year.

Please let the front desk know if you need to order a weapon.

SILAMBAM – INDIAN STAFF

Also known as “dance with the stick” this form develops footwork as well as spinning techniques and patterns. Coordinate fast striking with flowing footwork. Learn techniques to change spins without stopping the motion of the stick. Develop continuous striking and extended power. Silambam is a weapon-based martial art that originated 5,000 years ago in India as a form of self-defense.

Gear: Students provide their own weapon.

Cost: \$99

Transformation and Focus memberships include 1 Indo Weapon workshop per year.

Fitness Training

Are you feeling inactive? Are you an athlete looking for a consistent workout? Either way, our fitness classes are for you. Regular fitness training is an important part of a healthy lifestyle. Work at your own pace with the guidance of a highly experienced and supportive instructor. Improve power, cardio, flexibility and strength. Regular attendance is strongly encouraged.

Fitness Classes

FITNESS

You will feel the difference in your cardiovascular endurance, stamina, strength, flexibility, speed coordination, agility and balance in just two weeks. Our fitness classes offer a high intensity, whole body workout designed to develop strength and proper alignment in functional movements. Whether you are a seasoned athlete, new to the gym, or recovering from an injury, your instructor will guide you through a workout at an appropriate level to increase your performance and stability.

BOXING

Learn boxing basics: stance, footwork, body mechanics and punches; hook, jab, cross and uppercut. Use your whole body with every punch and experience power, speed and coordination. Focus mitt drills develop speed and accuracy in striking. This class is for all levels. Beginners learn proper technique and begin with simple strikes and footwork. Returning students learn more advanced combinations and defensive skills. This great workout includes conditioning; core strength exercises, jump rope and medicine ball drills. Have fun while increasing endurance, strength and energy.

Gear: Boxing gloves

Chinese Healing Arts

Tai Chi and Qigong are based on traditional Chinese medicine and acupuncture. They provide practice that assists in building qi (vital life force energy) and opening the meridians allowing qi to flow smoothly throughout the body.

There are many benefits to health and self-cultivation. The flow of qi helps maintain optimum health and energy. Practice develops self awareness, internal strength and physical resilience. Our master instructors bring years of practice and expertise to provide a high level of training even to the beginning student.

TAI CHI

Cultivate greater strength and flexibility while benefiting the circulatory, respiratory, digestive system and nervous system. Receive detailed and clear instruction in this fascinating art while experiencing a whole body workout.

The graceful, slow motion of Yang style of Tai Chi uses relaxed body movement and extended postures to gently enhance the circulation of qi (vital energy) and blood. Each posture is a balance of Yin and Yang – soft and hard, curved and straight, stillness and motion, form and spirit.

QIGONG

This training will help you prevent illness and injury, reduce the effects of tension, and harness your vital life force energy with gentle movement, conscious breathing and meditation.

Qigong builds qi (vital energy) for healing, maintaining health and easing aging. Forms include relaxation, controlled breathing, focused concentration and guided movements known as routines.

Kembali Wellness

TULEN BIO-ENERGY THERAPY

Tulen Bio Energy Therapy is effective for addressing an array of life challenges including: weight loss, habit conversion, trauma, stress, chronic conditions and life changes. Kembali bio-energy treatments clear the body's energetic field with the intention of restoring health and well-being. During a treatment you remain fully clothed and there is no physical touch. Following a discussion about the challenges you may be facing, the Tulen practitioner will focus his or her attention to the bio-energy around the body. The session may take anywhere from 20 – 50 minutes.

Sessions are set by appointment at your convenience with Goeroe marian van leeuwen.

Call the front desk to set up your sessions.

Women's Self-Defense Event

3 HOURS OF POWER

Train practical skills to handle real-life situations. Develop assertive body language and voice, and learn to strike with speed and commitment.

Tulen self-defense is simple to learn and highly effective. Skills are trained incrementally in a safe, supportive atmosphere. Individualized instruction provides an opportunity for women of all ages and abilities to gain the competence and confidence to act in their own behalf.

For women and teen girls ages 12 or older.

Cost: Free | Sponsored by One With Heart

Instructor Training Classes

CUN TAO BLACK BELT & BEYOND

Become an inspiring instructor. Learn simple, effective techniques for instructing holds, parries, 18th week, Cun Tao Lunka and the hand strikes of Pelejeron Poekoe. Gain student management skills and learn to test and promote Cun Tao students. Deepen your understanding of Cun Tao and receive one-on-one guidance from Mas Goeroe Janesa throughout the program.

Cun Tao Black Belt is an ongoing curriculum based program taught in four quarterly segments: fall, winter, spring and summer. Students can join the course at the beginning of any quarter. Upon completion of all four quarters students will be tested for Cun Tao Black Belt.

Cost: \$1,300

Frequently Asked Questions

When can I change classes?

Enrolling in our classes is easy and you can change your classes at the end of every quarter. You may change classes mid-term if you are graduating out of Cun Tao classes or Little Monkeys, or with the recommendation of your instructor.

What is a Mat Chat?

Mat Chat consultations are with Black Belt advisors. Mat Chats are designed to help answer questions you may have about specific forms, protocol, and help you get ready to test for your next rank. A Black Belt advisor will assess standards, individual goals for your training, and help you design a training path.

Can I take any class?

Some of our classes require pre-requisites before you can enroll. The pre-requisites ensure that you have a strong foundation in skills. The pre-requisites are based on Poekoelan Tjimindie Tulen standards requirements and some courses are designed especially for children. Each course description has the necessary pre-requisites so you can see what you need to get into class.

What do I need for class?

For our Poekoelan classes, you will need to wear a clean Gi (uniform) and bring a water bottle. If a specific piece of gear is required for a class, you will find it listed in the course descriptions. For fitness classes, please remember closed toe shoes. *For more frequently asked questions please visit our website: www.onewithheart.com*