

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 style Kung Fu 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

Noon – 9pm

Saturday

9 am – 5pm

Sunday

9 am – 2pm

Other Portland Locations

St. Johns

8641 N Lombard St. Portland, OR 97203

503.283.1313

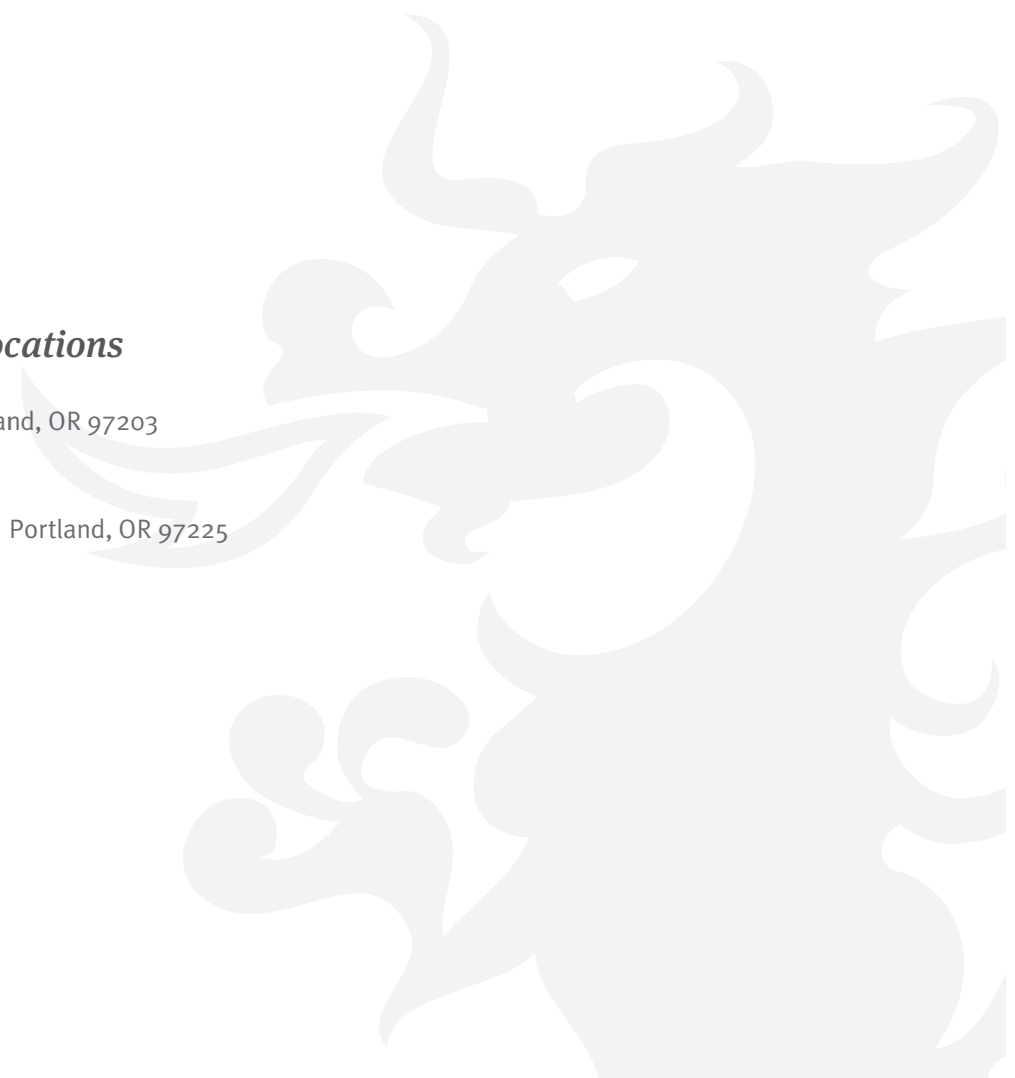
Beaverton

4710 SW Scholls Ferry Rd. Portland, OR 97225

503.291.9333

KiDS

Course Catalogue
WINTER 2012



CATEGORY	PG.	CLASS	DAYS	TIME	TRAINER	ROOM	DETAILS
Fire Dragons	pg 1	Kids Cun Tao Self-Defense (age 6-7)	Mon & Wed	5:30 pm – 6:30 pm	Mas Goeroe Janesa	Scico	
			Tues & Thurs	5:30 pm – 6:30 pm	Mas Bjorn Van Berg	Scico	
		Kids Cun Tao Self-Defense (age 8-11)	Tues & Thurs	5:30 pm – 6:30 pm	Mas Dave Morrison Mas Jordan Officer	Naga	
		Kids Cun Tao Self-Defense (age 6-11)	Saturdays	11:15 am – 12:15 pm	Mas Morgan Senkal	Tiga	
Kids Third Phase	pg 2	White Sash (age 6-7)	Mon & Wed	6:30 pm – 7:30 pm	Mas Annie Ericson	Naga	
		White Sash (age 8-11)	Tues & Thurs	6:30 pm – 7:30 pm	Mas Goeroe Janesa Bantoe Donna Gramont	Scico	
		Gold Sash	Mon & Wed	6:30 pm – 7:30 pm	Mas Audrey Trout Mas Kim Manchester	Tiga	
		Blue Sash	Tues	6:30 pm – 7:30 pm	Pendekkar Sydney G.	Scico	
			Thurs	6:30 pm – 7:30 pm	Pendekkar Nancy H.	Scico	
		Green, Brown Sashes & Black Belts	Tues	6:30 pm – 7:30 pm	Pendekkar Darryl	Tiga	
		Green & Brown Sash	Thursdays	6:30 pm – 7:30 pm	Mas Goeroe Janesa	Naga	
		Kids & Teens Black Belt	Thursdays	7:30 pm – 9 pm	Mas Goeroe Scott	Tiga	
Hold's Class	Saturdays	11:15 am – 12:15 pm	Mas Goeroe Janesa	Ampat			
Little Monkeys	pg 3	Level 1 (age 3-5)	Saturdays	11:15 am – 12:00 pm	Mas Suzy Sodetz Mas Ramiza Koya	Scico Naga	
		Level 2 (age 3-5)	Saturdays	12:15 pm – 1 pm	Mas Suzy Sodetz	Scico	
Kids Self-Defense	pg 3	No Go Yell Tell - Bully Awareness & Prevention Training for Kids & Families	Saturday, January 21 from 2 – 4 pm		Bantoe Katherine	TBA	For Kids 7-11years old



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.**

Poekoelan Tjimindie Tulen is an Indonesian martial art developed by master teacher Mas Goeroe Agoeng Willy Wetzel. He passed the art to Mas Goeroe Agoeng Barbara Niggel and we are honored to train with her.

Fire Dragons

Kids develop fitness, focus and confidence in a non-competitive environment. They experience the joy of creative movement while building strength, balance and coordination. They gain important self-defense skills that support them in living safer, healthier lives.

KIDS CUN TAO SELF DEFENSE

Cun Tao is the beginning level of Poekoelan Kung Fu training. Children of all abilities train at their own pace in age-appropriate classes. Classes are 80% skill building and 20% creative movement. Gradient, progressive training and individualized instruction allow students to advance at their own pace.

Learn basic martial arts techniques; including falls, kicks, punches, parries and beginning forms. Train a prescribed series of 108 quick releases for self defense. Upon completion students are promoted to white sash and start their Third Phase training.

Third Phase Classes

Intermediate and Advanced Kids Kung Fu training is available for kids 6-12 years old. Third Phase students start each class with a quiet meditation and a warm-up that develops strength and flexibility. Students are introduced to flow fighting. They train lunkas, forms, sets, practice footwork and create their own person form, or *kumbong*. They practice releases from open handed attacks or *holds*. Classes are 80% skill building and 20% creative movement.

Prerequisite: Students must have completed Cun Tao training.

Gear: All Third Phase students are required to have safety gear: head, hand and shin guards.

WHITE SASH

Kids will train in age-appropriate class to learn Lunka Satoe and Set 1. They will practice the beginning strikes of *Pelejeron Poekoe*, (“learn to strike the way of the teacher”) and train in the first 10 stances.

Students will be introduced to *Pelejeron Sepak* (“kick the way of the Teacher”) and basic fighting techniques including parries, stop kicks and footwork. This class will focus on the standards necessary for promoting your child to gold sash.

GOLD SASH

Train Lunka Doewa and improve Set 1. Learn the *ma-wasis* from *Pelejeron Poekoe* (straight in, inside out, outside in, upper cut). Train the first 20 stances. Create a personal *kumbong*, a set of movements the student develops to show his/her own fighting style. Improve *Lunka Satoe* and *Pelejeron Sepak*, and continue developing basic fighting.

BLUE SASH

Blue Sashes train standards required for their next rank including *Lunka Tiga*, Set 2, the first 36 stances and the elbow strikes from *Pelejeron Poekoe*. Students further develop their personal *kumbong* in order to demonstrate it with attackers. They also continue to learn holds and develop fighting techniques.

GREEN SASH

Green Sashes will train Lunka Ampat, Set 3, all 72 stances and Poekoelan kicking sets - Sepak Tjikalong and Sepak Tjimindie.

BROWN SASH

Brown Sashes prepare to test for Black Belt. Training advanced Holds and the first half of the advanced movements of *Pelejeron Poekoe* called Tjikalong Movements.

BLACK BELT

Black Belts will train the second half of the Tjikalong Movements, Set 4, Black Belt *Kumbong*, Fire *Kumbong* and more.

KIDS & TEENS BLACK BELTS IN ADULT STANDARDS

Black Belt kids join Third Phase adult students and train standards under the instruction of Mas Goeroe Scott Montgomery.

Our multi-level classes inspire younger students to learn from older students; and develop the student’s ability to instruct and support one another. They will develop a sense of independence and personal responsibility.

KIDS HOLDS CLASS

Cun Tao and Third Phase kids receive focused instruction that build skills and confidence as they prepare for their next rank. Cun Tao students practice kicks and kicking combinations including front thrust, saber, counter saber, garass kicks and more. Third Phase kids train the holds required for their rank.

Kids Weapons

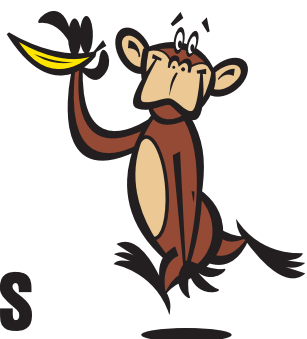
KIDS SILAMBAM

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. Silambam is a weapon-based martial art that originated 5,000 years ago in India as a form of self-defense.

Cost: \$99

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

LITTLE MONKEYS



Little Monkeys is an age-appropriate introduction to *Poekoelan* Kung Fu that is perfect for young children. Patient, expert instructors provide safe, fun training in a non-competitive atmosphere. Kids build strength & confidence training at their own rate & skill level.

LITTLE MONKEYS – LEVEL 1 (Ages 3-5)

Kids discover the joy of creative movement through *Poekoelan* Kung Fu's four animal form. Training builds balance, coordination, flexibility, increases listening skills and builds confidence.

All first time 3-5 year old students must attend the Little Monkey's Level 1 class to determine the skill level and readiness of each child. Class instructors will make recommendations on the best class placement for your child.

LITTLE MONKEYS – LEVEL 2 (Ages 3-5)

Students in Level 2 have practiced and developed basic *Poekoelan* movement and skills. Basic gymnastic movements and *Poekoelan* Kung Fu inspired exercises are introduced, which continue to build strength and confidence.

Prerequisite: Teacher recommendation required to participate in this class.

Kids Self-Defense

NO GO YELL TELL – Bully Awareness & Prevention Training for Kids & Families

For kids 7-10 years old

What is bullying? Has it ever happened to you? How can you respond in a positive way? Through storytelling and role plays kids learn age-appropriate skills for setting boundaries and keeping themselves safe. They have fun and develop the confidence to act in their own behalf. Parents gain skills and information on how to respond to bullying.

Cost: Free (Sponsored by One With Heart Tulen Center)

Takes place at One With Heart Hawthorne Location. Sign up at the front desk.

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**