

# outer paths

## Martial Arts

### #7001 A

#### Six Elbows Kung Fu

Six Elbows Kung Fu is a rare southern Kung fu system from Canton, China. It is excellent for exercise and self-defense. It has many empty-hand forms, a fan form, a long pole form and a two-person form. Instructor Chun Man Sit learned this art in his native city, Hong Kong in the 70's.

CONVENER: Chun Man Sit E-mail: cmsit@everestkc.net  
CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 7; 9:00 AM - 10:30 AM; Westport Presbyterian Church, 201 Westport Rd., KCMO; LIMIT: 10

### #7002 A

#### Wu Style Tai Chi Chuan

Wu style Tai Chi Chuan is a soft style martial art. The form consists of a series of 108 postures, one flowing smoothly into the next. When practiced Tai Chi promotes a sense of serenity and well being, increases flexibility, improves balance, muscle control and mental clarity. The instructor will give a demonstration of the Wu style form. Some warm-up techniques will be introduced along with the first movement of the form.

CONVENER: Chun Man Sit E-mail: cmsit@everestkc.net  
CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 7; 10:30 AM - 12:00 PM; Westport Presbyterian Church, 201 Westport Rd., KCMO; LIMIT: 10

Register & Pay  
Online Anytime  
[www.umkc.edu/commu](http://www.umkc.edu/commu)

### #7003 A

#### Beginning Self Defense

This course is intended to help give the tools of basic self defense to those who want to learn. It will cover simple, practical physical techniques for self defense, as well as strategies for avoiding and diffusing dangerous situations. Barrett will teach specific techniques, but also welcomes student input as to what they would like to learn. The instructor is a long-term martial artist who has studied many different styles of self-defense. She looks forward to sharing her knowledge with you!

CONVENER: Elizabeth Barrett (816-524-0646)  
E-mail: ebbhwf@umkc.edu  
CLASS FEE: \$15

Sec. A: 3 sessions; Mondays, beginning April 6; 6:00 PM - 7:00 PM; Convener will call with location; LIMIT: 12

### #7004 A, B, C or D

#### Traditional Shaolin Kung Fu

Learn self defense based on the original eight animals of Kung Fu: leopard, crane, dragon, tiger, snake, praying mantis, monkey and eagle. Join us for a great aerobic workout!

CONVENER: Elisha Wampler  
CLASS FEE: \$9

Sec. A: 1 session; Tuesday, January 27; 8:00 PM - 9:00 PM;

Sec. B: 1 session; Friday, January 30; 6:30 PM - 8:00 PM;

Sec. C: 1 session; Tuesday, March 31; 8:00 PM - 9:00 PM;

Sec. D: 1 session; Friday, April 3; 6:30 PM - 8:00 PM;

MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

## Recreation

### #7101 A

#### Fly Fishing For Fun

An inexpensive, fun outdoor experience that anyone of any age can do (for singles or families). First learn what rods, reels and lines to use and how to assemble them, learn what you need to buy without wasting money. Learn what flies or streamers to use depending on what you want to catch, what the conditions are, and how to "read" a body of water. Then we will go outside to learn how to actually cast, to recognize a strike and bring it in with details for both pond and river fishing. \$14 material fee includes equipment rental and free copy of "Fly Fishing Tactics."

CONVENER: Eric Christensen (916-422-8435)  
E-mail: ELPBooks@aol.com  
CLASS FEE: \$9

Sec. A: 1 session; Monday, April 13; 6:00 PM - 9:00 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

### #7102 A

#### Basic Trap Shooting

Class will instruct students on safe firearm handling, proper stance and mounting of shotgun, different types of shotguns and ammunition. There will be live firing on the trap range to give you a chance to practice what you have learned in the classroom.

CONVENER: Steven Elliott (816-229-4448)  
E-mail: Steven.Elliott@mdc.mo.gov  
CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 28; 9:00 AM - 11:00 AM; Lake City Shooting Range & Outdoor Education Center, 28900 Argo Rd., Grain Valley, MO; LIMIT: 15

### #7103 A

#### Experience Scuba Diving

Experience the thrill of SCUBA diving! This introductory course will take you underwater safely with certified and skilled SCUBA instructors and assistants in our own heated indoor pool. All you need to bring is a swim suit and a towel. All other equipment provided. Minimum age 10 years old. Please bring \$5 to class for air fills.

CONVENER: Michael Brock (913-647-1717)

E-mail: emailus@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, February 10; 6:30 PM - 8:30 PM; The Dive Shop, 7300 Frontage Rd. Merriam, KS; LIMIT: 12

### #7104 A or B

#### Learn to Curl: An Olympic Sport

The sport of Curling will experience its fourth time as an Olympic Medal Sport in 2010 but did you know that this 400 year old Scottish sport is played by over 1.5 million people worldwide? Taught alongside actual curling matches each week, our "Learn to Curl" program consists of a 15 minute video tape on the sport of curling, followed by a question and answer period. Those who are comfortable standing on ice will use the remaining time trying the various techniques (delivery of the rock, sweeping and game strategy) demonstrated by curlers of the Kansas City Curling Club. You are encouraged to join us after the games as we socialize (broomstack). Wear loose fitting clothes that will keep you warm to 40 degrees and a clean pair of rubber soled shoes (i.e. sneakers).

CONVENER: Bill McBride (913-599-9965)

E-mail: wam@kccurling.com; Web site: www.kccurling.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, March 22; 10:45 AM - 12:30 PM;

Sec. B: 1 session; Sunday, March 22; 12:15 PM - 2:00 PM;

MEETS: Pepsi Ice Midwest, 12140 W Quivera & 135th St., OPKS; LIMIT: 12



### #7105 A

#### Intro to Soccer

Learn how to play the world's most popular sport and enjoy the outdoors at the same time. The first portion of each class will be dedicated to rules, as well as effective skills and techniques of the game. In the second portion of each class, we will actually play a game against each other. On the last class session, Camron will go over the different soccer leagues and organizations that the Kansas City area has to offer so that students may use the skills they learned outside of class as well. Please bring \$10 for use of the field and other materials.

CONVENER: Camron Hoorfar Web site: www.hoorfarlaw.com  
CLASS FEE: \$15

Sec. A: 3 sessions; Mondays, beginning April 20; 5:30 PM - 7:30 PM; Loose Park, 51st & Wornall, West Side of Park Near Tennis Courts, KCMO; LIMIT: 30

NEW