Martial Arts

#7001 A
Aikido
Introductory training will be provided in the Japanese martial art of Aikido which includes joint locks, arm pins, and throws. Fundamentals of proper posture, balance, movement and mat safety will be stressed. The Kansas City Aikido School, affiliated with the United States Aikido Federation, is led by Larry Graham, 5th Dan and Shidoin (qualified instructor), following the teaching of Osensei Morihei Ueshiba, founder of Aikido. Sweats or loose clothing recommended. Bring $3 to first class for materials.
CONVENER: Dave Wirtz
Email: djaw1@juno.com
CLASS FEE: $18.00
Sec. A: 6 sessions; Thursdays, beginning, June 06; 6:30 PM - 8:30 PM; Kansas City Aikido School, 3128 Bell, Kansas City, MO 64111; LIMIT: 6

#7004 A
Capoeira
Capoeira is a one of a kind martial art that combines aspects of self defense, acrobatics, music and dance. Uniquely Brazilian in it’s origins, it meshes these various art forms into one synergistic martial art training experience. Ronald Harvey has been teaching Capoeira for twelve years.
CONVENER: Ronald Harvey
CLASS FEE: $18.00
Sec. A: 12 sessions; Tuesdays, Thursdays & Saturdays, beginning, June 04; Tuesdays and Thursdays meet from 7:30 - 9:00 PM; Saturdays meet from 2:00-3:30 PM; Element, 6236 Main St., KCMO 64112; LIMIT: 25

Recreation

#7002 A
Adult Kung Fu
Learn traditional Shaolin Eight Animal Kung Fu for fun and fitness. This style is excellent for all ages and body types. Individualized instruction in a friendly atmosphere means everyone learns at his or her own pace. Be a Jackie Chan or Michelle Yeoh! Ages teen and up.
CONVENER: Michelle Kelley & Sifu Elisha Wampler (816-561-2882)
CLASS FEE: $9.00
Sec. A: 1 session; Friday, June 14; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#7003 A
Family Kung Fu
Parents and children can join in the study of traditional Shaolin Eight Animal Kung Fu that can become a lifelong pattern of fitness and self-discipline. Multiple instructors in a friendly atmosphere means individualized instruction where each person learns at his or her own pace. Ages 5 and up.
CONVENER: Michelle Kelley & Sifu Elisha Wampler (816-561-2882)
CLASS FEE: $9.00
Sec. A: 1 session; Sunday, June 09; 12:00 PM - 1:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

Trips & Tours

#7101 A
Naturism/Nudism 101
Explore the history, philosophy, and legality of clothing optional recreation. Learn in a respectful setting about clothing optional recreation on a local level. The class will take a simple discussion format and will be taught by an officer of the Heartland Naturists.
CONVENER: Mike C.
CLASS FEE: $9.00
Sec. A: 1 session; Saturday, June 15; 12:00 PM - 2:00 PM; Royall Hall, Rm. 204, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

#7102 A or B
Chicks with Sticks (Earth Girl Camping 101)
Being an Earth girl is easy with this female lead camping course. Learn how to pitch a tent, build a campfire, cook by campfire, and other basic camping skills. Enjoy a nature hike and rise and shine yoga. Mothers, bring your daughters. Sisters, bring your aunts and grannies, girlfriends and best friends. Tents and food will be provided. Do bring your own camp chair and sleeping bags, as well as guitars, drums, frisbees and favorite snacks. Please leave your electronics, dogs and men at home. We will camp two local sites: Smithville Lake and Hillsdale Lake. Bring $15 to cover camp fees and food.
CONVENER: Heather Moll (816-982-9817)
Email: kogyspsy@qwest.com
CLASS FEE: $14.00
Sec. A: 1 session; Saturday, June 22 at 6:00 PM - Sunday, June 23 at 1:00 PM; Smithville Lake, Paradise Point Park, Take 169 N. thru Smithville, right on Hwy. W., right on road before Clyde’s Gen. Store, follow road to park pay station.;
Sec. B: 1 session; Saturday, July 13 at 6:00 PM - Sunday, July 14 at 1:00 PM; Hillsdale Lake, Convener will contact with specifics; LIMIT: 9

#7104 A
Frugal Independent Foreign Travel
This class is designed to acquaint want-to-be travelers with how to travel independently without expensive packages tours. It will explore all of the latest internet-based sites and apps dealing with ticketing, lodging and communications. The emphasis will be on how to plan your own trip, travel inexpensively and meet locals all over the world. I will demonstrate carry-on packing techniques, how to pick a good restaurant, how to travel on public transportation and how to find lodging with real travelers with how to travel independently without expensive packages tours. It will explore all of the latest internet-based sites and apps dealing with ticketing, lodging and communications. The emphasis will be on how to plan your own trip, travel inexpensively and meet locals all over the world. I will demonstrate carry-on packing techniques, how to pick a good restaurant, how to travel on public transportation and how to find lodging with real people. Convener has traveled independently for the past 20 years to 19 countries and over 80 cites.
CONVENER: Robert McCollom
CLASS FEE: $9.00
Sec. A: 1 session; Tuesday, June 04; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 30

COMMUNITY UNIVERSITY
SIGN-UP & PARTY
Tuesday, May 21st; 6:00-8:00 PM
The Writer’s Place—3607 Pennsylvania

• Nibblies • $3 off registration at the door! • Live Jazz • Early-Bird Discounts!

• Save $1 off the first class • Save $2 off subsequent classes

• Waive the $3 registration fee “just for comin’ on down!”

photo by Vixie Stix