



“April Showers, Bring May _____.”

Kung Fu Summer Day Camp



Register Now!

2 Sessions:

June 16th - 20th
July 14th - 18th
8:30am - 1:30pm

\$450/week

- Early Bird Special (deadline May 5th)
 - Register for two weeks, save 10%
 - Register for one week, save 5%
- 5% sibling discount after May 5th

CALL (925) 672-9800 TO RESERVE YOUR SPOT

Kung Fu Fun!

- Ancient Shaolin Training
- Stunts and Choreography
- Gladiator Weapon Sparring
- Training in the Park
- Arts and Crafts

Games and Activities!

- Mad Ball
- Night Ninja
- Capture the Flag
- Hunter Hunted
- Bowling and Pizza

FUN!
FUN!
FUN!

- All students welcome
- Invite a friend to join the fun



Promotions

White Tiger

Klayton Y. - 3rd Stripe

Gold Tiger

Evan C. - 1st Stripe
 Mason C. - 1st Stripe
 Ava W. - 2nd Stripe
 Canaan Mc. - 3rd Stripe
 Jonah P. - 3rd Stripe

Purple Tiger

Benjamin B - 1st Stripe
 Max W. - 1st Stripe

Green Tiger

Cayde G. - 1st Stripe

Red Sash

Sebastien D. - 1st Stripe
 Aiko H. - 1st Stripe

White Fringe

Rickey A.
 Ibad A.
 Maya H
 Jazlyn G.
 Anne M. - 1st Stripe
 David W. 2nd Stripe
 Alejandro S. - 2nd Stripe

Yellow Fringe

Thea W. - 1st Stripe
 Santiago B. - 2nd Stripe
 Sebastian B. - 2nd Stripe
 Nicole D. - 2nd Stripe
 Lukas G. - 2nd Stripe
 Taylor H. - 2nd Stripe
 Ella L. - 2nd Stripe
 Ollie L. - 2nd Stripe

Gold Fringe

Margarita A. - 2nd Stripe
 Bailey B. - 2nd Stripe
 Connor S. - 2nd Stripe
 Norrin W. - 2nd Stripe
 Dylan Y. - 2nd Stripe
 Sage S. - 3rd Stripe
 Parker W. - 3rd Stripe

Orange Fringe

Robert C.

Green Fringe

Dylan D. - 1st Stripe
 Nico Y. - 3rd Stripe
 Bianca M. - 4th Stripe

Blue Fringe

Ethan Mc. - 1st Stripe
 Jayden A. - 2nd Stripe

* Please let us know if we missed listing your promotion.

Birthdays

Rickey A. 2
 Bailey B. 3
 Anthony P. 8
 Kolten Mc. 8
 Jazlyn G. 12
 Maya H. 13
 Benjamin P. 18
 Lukas G. 18
 Zeno C. 21
 Kim J. 21
 Deependra B. 22
 Anum R. 24
 William R. 26
 Clara B. 28
 Max W. 29
 Matthew H. 29

SU	M	T	W	TH	F	S
A	P	R	I	L		
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	18	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

CELEBRATING 30 YEARS WITH GRANDMASTER DOC-FAI WONG

EASTERN WAYS MARTIAL ARTS PROUDLY HOSTS Grandmaster Doc-Fai Wong 2025 Seminars

Saturday, April 12th
Kids Shaolin Animal Training \$125
 11:30am
 Parents, do not miss this opportunity to have your son or daughter train directly with the highest level Grandmaster in the world of Choy Li Fut. They will learn the history and techniques of the key animal fighting techniques from the Shaolin Temple. This fun seminar provides your child the opportunity to be part of the next generation of kids that have trained with Grandmaster Doc-Fai Wong.

Lunch
 12:30 - 1:30pm
Kwan Yin Palm Form \$389
 Part 1: 1:30 - 3:30pm
 Goon Yum Dzo Lin Jeong is known as the Kwan Yin Palm form of Choy Li Fut Kung Fu, it is a great training form for both Kung Fu and Tai Chi students. Kwan Yin Palm is the Only Form in our system that is performed entirely sitting in a chair or on the floor in a lotus position. This is a slow moving form with 108 movements that develops proper breathing while utilizing unique hand techniques.
 Do Not miss learning this unique form taught for the first time at Eastern Ways to celebrate our 30 years of training with Grandmaster Doc-Fai Wong!

Push Hands \$189
 3:30 - 5pm
 Push Hands training is vital to Tai Chi and Kung Fu practitioners. In Tai Chi we explore our own energy, while in Push Hands we explore our partners' energy. Push Hands develops sensitivity through learning to neutralize, redirect and attack an opponent's push. Never using force on force, instead using your opponents energy against themselves. Join us and expand your skills!

Sunday, April 13th
Tai Chi for Life \$189
 11:30am - 1pm
 If you have just begun your Tai Chi experience or you are an advanced Tai Chi practitioner, this is your chance to learn the insights of how to practice Tai Chi to enhance your life. Come, empty your cup and train directly with Grandmaster Doc-Fai Wong.

Lunch
 1 - 2 pm
Kwan Yin Palm Form (Part 2)
 2 - 4pm
 Recap and review of Saturday session, continuation, and completion of Kwan Yin Palm form instruction.

YIELD AND OVERCOME;
 BEND AND BE STRAIGHT;
 EMPTY AND BE FULL;
 WEAR OUT AND BE NEW;
 TAO TE CHING XXII

Contact your instructor to sign up
 For more information visit our website
www.easternways.com
 (916) 488-5425
 Eastern Ways Martial Arts 1325 Fulton Ave., Sacramento, CA 95825

Dates to Remember
 April 12 - 13 - Grandmaster's Seminars in Sacramento
 April 27 - Formal Test