



Please join us in welcoming Master Marilyn Cooper to Family Martial Arts Academy

MASTER MARILYN COOPER

is the subject of numerous feature newspaper articles and television interviews. Her articles on kung fu have been published in *Inside Kung Fu*, *Taijiquan Journal*, *Kung Fu/T'ai Chi* magazines and e-zine and other news media. She opened her first Kung Fu school in 1980 in New York City, and has been teaching Kung Fu ever since. She founded a national non-profit institute called *Pushing for Peace*, whose mission is to promote a T'ai Chi program designed to help prevent youth violence and promote mental and physical health. The Peace Games are now taught all over the world.

Pushing for Peace is a non-profit organization dedicated to peace and wellness for all.

Learn more at:

www.pushingforpeace.org

More on Marilyn Cooper:

www.littleriverkf.com/teachers/master-marilyn-cooper

<http://youtu.be/kiecVrMNMbM>

Saturday 3/15/2014

9:30-10:30am KIDS PUSH HANDS

In this session, our youngest students (ages 4-10) will learn nine light contact games based on T'ai Chi that will help you feel calm, focused and full of positive energy.

11:00am-2:00pm PUSH HANDS

For students ages 11 through adults. In this session, students will learn a simple Chinese martial arts form and applications associated with that form (*younger students may be dismissed at noon*).

2:15 pm LUNCH

All FMAA students are encouraged to support our neighboring Korean restaurant.

Sunday 3/16/14

1-4:00pm Guang Ping T'ai Chi

This session will expand your learning of the 64-movement Guang Ping Yang T'ai Chi Ch'uan form. Applications of the movements and counters will be explored. Bring your questions and be open to discovery!

SUGGESTED DONATION - \$20

All are welcome to attend. Please consider a donation to help cover the costs for bringing this honored guest to our Academy.

Family Martial Arts Academy

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www.tigardmartialarts.com • www.facebook.com/familymartialartsacademy

