



Hi

Thanks for your interest in our kungfu class. I recommend that people try an intro class in the park at 9-1030 on Saturdays to see if the class suits your needs. The first hour of warm ups and basics supports both the longfist and tai chi styles that we offer.

You are welcome to try any Saturday class. Please let us know if you are planning to come by email, text or call so we can be prepared to look for you. Please bring the signed waiver below. **Dress in layers, wear good workout shoes and bring water.**

Warm-ups begin when one of the lead students Chris or Sean arrives so please wait for one of them at the designated location. If no one from our class shows up by 915 you may not be in the right spot.

Our main communication is cell phone. Please call Chris Harris 925 519-6802 or me 415 518-8100 if you are lost and need more info to find us. We look forward to meeting you.

Sifu Valerie Lee  
415-518-8100 email kungfu@sfsu.edu  
Gold Mountain Kungfu School

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**Free Introductory Class Waiver**

I, \_\_\_\_\_ the undersigned, do here by voluntarily take an introductory class with Valerie Lee's Gold Mountain Kung fu School. And, I do hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while participating and, I do hereby waive all claims against the instructors or other fellow students of said class or any location classes are held for any injuries that I may sustain.

Date \_\_\_\_\_

Signature of Applicant \_\_\_\_\_

Phone number \_\_\_\_\_ Email \_\_\_\_\_