

## WILLY'S BIRTHDAY PARTIES

Are you running out of ideas for your child's birthday party? Tired of playing video games and eating pizza? Dreading the thought of another princess party? How about trying something different? Willy's will help make your child's birthday party a memorable one. With facilities including our 30' Rock, indoor pool, indoor turf field, 2 story indoor play structure, our Castle Moon Bounce, and amazing party room, we have it all!

Come to Willy's and we will make your child a ROCK STAR for their birthday! Rock climbing is a wonderful activity for boys and girls alike. Everyone participates and goes home with memories of doing something truly special.

Our 2-hour Birthday ROCK Party Package includes professional instructors who manage the ropes and encourage the children in a fun and non-competitive environment and use of our private party room with moon bounce. Willy's will provide climbing harnesses, shoes, and plenty of climbing terrain as well as tablecloths, plates, cups, napkins, and utensils. All you have to do is bring the kids and the cake and be ready to have a great time!

*Or maybe ... a SPLASH party—*This is the ultimate birthday party, splash in the pool, slide down the slides, dive off the platforms, play water basketball and lounge on the inflatables. 90 minutes of swimming and 30 minutes in our private party room with moon bounce.

*Or maybe ... an indoor turf party!* Play soccer, neon dodgeball, use our battling cage

*Or maybe ... your little one would be happier in Playworld and the moon bounce ...*

Whatever it is, we have it! You can even combine events . . . splash, climb, play—and leave the party to us!

## ● POEKOELAN TJIMINDIE TULEN

At Willy's, we've created a community which supports change and growth in a diverse, supportive environment. Our Indonesian art, Poekoelan Tjimindie Tulen, was brought to this country in 1956 by our teacher Mas Goeroe Agoeng Willy. Willy's is named after MGA Willy.

Poekoelan Tjimindie Tulen encompasses ground fighting, self-defense, forms, animal movement, meditation, weapons, and free sparring. Training offers benefits in physical fitness, self-defense, confidence, flexibility, mental focus, and self-expression—and it's fun! We've been featured in numerous publications and are known for stressing leadership development and peer support.

**Indo American Martial Arts at WILLY'S** is headed by Barbara Niggel, who has been training since 1967, assisted by nearly two dozen black belts. Teaching, and learning to be an effective teacher, is an intrinsic part of the training tradition. Barbara has won numerous national, international and world titles during her career and has been teaching for as long as she has been training.

### SOME OF OUR PROGRAMS

Dynamic and practical safety skills for all ages presented in positive and supportive formats:

- Realistic self-defense
- Simple and effective
- Verbal responses that work

These courses are not "fear-based," they are fun!

All Willy's self-defense courses can be specially formatted for your school, business or community group.

#### Martial Arts for kids 6 years & up

Willy's program promotes confidence, coordination and discipline in a safe, fun, and caring environment. Our instructors are qualified martial arts instructors, and many are certified elementary school teachers. We offer a high instructor to student ratio and stress peer support, leadership, and cooperation.

Classes focus on animal style movements, physical and verbal self-defense, and conditioning. Each child is encouraged to reach their own personal potential. Afternoon, evening,



and weekend classes are available, as are classes for kids and adults together.

#### Martial Arts for 3-6 years

"Jungle Gym" is the class for younger kids. Through creative martial arts movement, kids learn balance, coordination, respect, focus, and cooperation in a safe, supportive environment. Some basic gymnastics are introduced, along with games that promote skill development

#### Getting Started

In beginning training, effective self-defense is taught with kicks, punches, parries, and initial forms. Conditioning and strength building is included in every class. Get fit, have fun, be healthy!

Advanced training begins after demonstrating knowledge of self-defense. Students study the fighting styles of the tiger, monkey, snake and crane.

We offer situational self-defense and defensive tactics classes for women and children throughout the year. This class can be scheduled with a group of friends, school organizations or recreation departments.

#### Ladies (and Girls) Fight Night: Self-Defense "Party"!

Be a superhero in your own life! This practical street smarts class combines effective self-defense with simple street-awareness techniques and powerful verbal skills. The class includes a celebratory smoothie and dreamy cupcakes—because taking care of yourself deserves a reward! For tweens, teens and up. You can register your group at the front desk or call us to reserve your class. Great for teens heading off to college, mothers and daughters, and school and community organizations.