

Sifu Michelle Pleasant

Sifu Michelle Pleasant has been training in the Martial Arts since 1990. She began her martial arts journey training in Kajukenbo and holds the rank of 4th degree black belt. She also has been training in Aikido for 9 years and has earned her Nidan (2nd degree black belt). She also trains in Aikibojitsu (The Art of the Staff) and Chen Tai Chi. Other movement arts she has studied include several forms of Qi Gong, Tai Chi push hands, Northern Shaolin Kung Fu and yoga.

Sifu Michelle draws on all of her experience when teaching. The multiple disciplines surface throughout her classes and she combines them in a way that makes training very accessible physically and mentally, and also enjoyable!

"I believe that anyone can train in a martial art. Training has changed my life in ways I never could have imagined. Training in a martial art can be a powerfully transformative experience. You learn to do things you never thought possible, you learn that not only can you persevere though adversity, you can flourish from it. It builds confidence, humility and community. And in a time where we are becoming more and more disconnected from each other, it can reconnect us to our humanness."



What to Wear

Please wear comfortable, loose fitting exercise pants and a t-shirt. Shorts and tank tops are acceptable, but at times are not conducive to some training exercises or fighting drills.

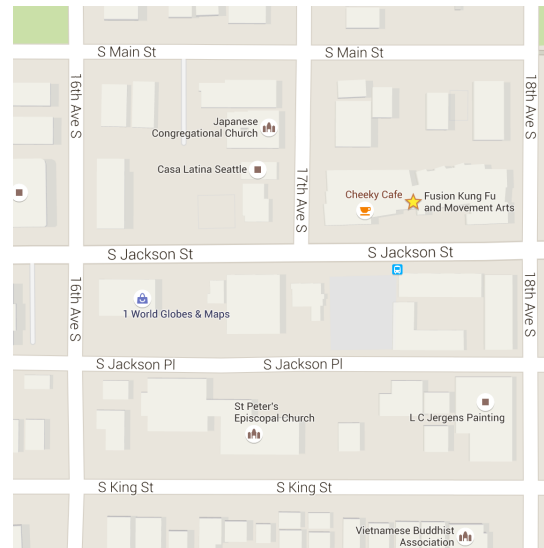
Street shoes are not allowed on the training floor. You will be asked to train barefoot or bring a pair of training shoes that are not worn outside.

Street parking available.

The #14 bus stops right in front of the Kwoon, and is within walking distance from both the Capital Hill Street Car and the #48 bus stops.

Please arrive to class on time.

1706 S Jackson St., Seattle WA, 98144



Confidence. Strength. Community.



**Classes in
Kajukenbo Kung Fu**

**1706 S Jackson St.
Seattle WA, 98144**

www.fusionkungfu.com

206.851.6145

“ Training in a martial art is a catalyst for vast personal, emotional, and spiritual transformation. This community is a source of strength, safety, inspiration, and challenge for me, and I have been pushed to places I never imagined possible.”

- Mollie, Fusion Student



Kajukenbo

Kajukenbo is an eclectic martial art developed in Hawaii during the late 1940s. It was created by five black belts of different martial arts; Karate, Judo, Jiu-jitsu, Kenpo and Chinese Boxing, or Kung Fu. It is known for its practical approach to self defense, adaptability and flow. We train forms, sparring, street fighting, fighting multiple attackers, punch attacks and grab arts (short choreographed defense sequences) and sticky hands.

Kajukenbo is a beautiful and powerful martial art and is particularly suited for women or smaller people since it focuses more on strategic targeting and effectiveness.



Training at Fusion

Taking on a new practice has its challenges, *and* its boundless rewards. When starting to train, remember to be kind to yourself, but always put forth your best effort as well.

There will be things that come easily, and others may be quite physically, mentally or emotionally challenging. Remember that this is a process, not a destination so having an open and relaxed state of mind can come in handy.

There are things in the martial arts that we spend decades trying to perfect, while others fall into place a bit sooner.



Space Rental

Fusion is available to rent both by the hour and on a regular monthly basis.

Hourly rates are as follows:

Non-prime hours are \$25 per hour.

Prime hours are \$30 per hour.

Prime hours are:

Monday - Friday 5pm-9pm,

Saturday and Sunday 8am-noon.