

# outer paths

## Martial Arts

#7001 A

### Basic Self-Protection

Physical assaults are all too common today. In this three hour session you'll learn the basics of self-protection including avoidance, basic blocks, releases and defensive counterstrikes. We'll also discuss the use of self-defense sprays. All participants must sign a release in order to participate. Under 18 must be accompanied by parent/guardian. Bring \$17.50 for materials including self defense spray and two manuals. Class size is limited. Please be punctual, late arrivals will not be admitted. Convener is a certified instructor in several areas of defensive tactics.

CONVENER: Daniel Fecht (816-436-6118)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 3; 10:00 AM - 1:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 20

#7002 A

### Capoeira—Beribazu

Capoeira...you've seen it! It is an Afro-Brazilian cultural art that is a rhythmic mixture of dancing, singing, acrobatics, martial arts and game play. Awaken your body and your spirit to the fun and pure excitement of Capoeira, straight from Brazil! Come and learn the fastest-growing sport in the US! Professor Sam Good (Sapato) is a graduate of the Curso de Extensao de Capoeira through the Department of Sports and Physical Education at the Federal University of Espirito Santo, Vitoria, Brazil. He currently teaches Physical Education at Penn Valley College and is the head instructor of Grupo Beribazu Kansas City. Bring \$5 to class for space rental fee.

CONVENER: Professor Sapato & Jen Osborne (816-509-7078)

E-mail: beribazuk@hotmail.com

CLASS FEE: \$16

Sec. A: 6 sessions; Fridays, beginning July 14; 6:00 PM - 8:00 PM; Penn Valley Community College, PE 103, 3201 SW Trckwy., KCMO; LIMIT: 10

#7003 A

### Wu's Style Tai Chi and Qi-Gong

T'ai Chi is an ancient Chinese art. It is movement meditation—Kung Fu in a gentle way. It has a strong emphasis on body and mind harmony—perfect for stress reduction, self-defense and artistic expression.

CONVENER: Chun Man Sit E-mail: cmsit@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 18; 11:00 AM - 12:30 PM; Loose Park, 51st & Wornall, West Side of Park Near Tennis Courts, KCMO; LIMIT: 20

#7004 A

### Southern Kung Fu

There are many southern styles of Chinese Kung-fu. Instructor Chun Man Sit is an expert on the Six Elbows Kung-fu system. This Kung-fu style focuses on strong stances, balance between hard and soft skills, smooth combinations of fist, palm, elbow and kick. It also has great routines. Come and find out for yourself.

CONVENER: Chun Man Sit E-mail: cmsit@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 18; 9:30 AM - 11:00 AM; Loose Park, 51st & Wornall, West Side of Park Near Tennis Courts, KCMO; LIMIT: 20

#7005 A or B

### Traditional Shaolin Kung Fu

Learn self defense based on the original eight animals of Kung Fu: leopard, crane, dragon, tiger, snake, praying mantis, monkey and eagle. Join us for a great aerobic workout!

CONVENER: Elisha Wampler

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 13; 6:00 PM - 7:00 PM;  
Sec. B: 1 session; Saturday, June 17; 12:00 PM - 1:00 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy) KCMO; LIMIT: 10

## Recreation

#7101 A

### Fly Fishing For Fun

An inexpensive, fun, outdoor experience that anyone of any age can do (for singles or families). First learn what rods, reels and lines to use and how to assemble them. Learn what you need to buy without wasting money. Learn what flies or streamers to use depending on what you want to catch, what the conditions are and how to "read" a body of water. Then we will go outside to learn how to actually cast, to recognize a strike and bring it in with details for both pond and river fishing. \$14 material fee includes equipment rental and free copy of "Fly Fishing Tactics."

CONVENER: Eric Christensen (916-422-8435)

E-mail: ELPBooks@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 18; 1:00 PM - 4:00 PM; Haag Hall, Rm. 212, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 12

#7102 A or B

### Intro to Geocaching

Learn the new sport of geocaching, which combines GPS, hiking and general sleuthing skills. We will teach basic map orientation, GPS functions and establish rules of geocaching. Then as a group we will locate one or two local caches as well as create one of our own. Wear comfortable hiking shoes and bring your own hand held GPS unit, if you have one.

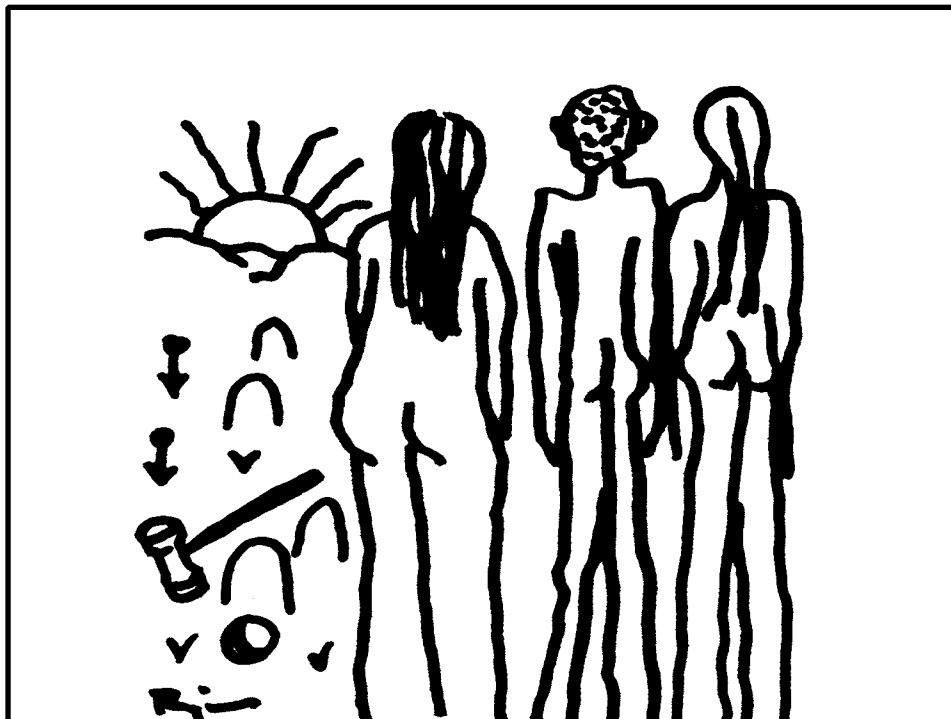
CONVENER: Ruth Van Wye (816-513-8960)

E-mail: ruth\_vanwye@kcmo.org

CLASS FEE: \$14

Sec. A: 2 sessions; Mondays, beginning June 5;  
Sec. B: 2 sessions; Mondays, beginning July 10;  
MEETS: 5:30 PM - 7:30 PM; Lakeside Nature Center, 4701 E. Gregory Blvd. (Swope Park), KCMO; LIMIT: 10

See course #7104 A, Nudism/Naturism 101, for details.



#7103 A

**Learn to Play Filipino Mah Jong**

Learn the Filipino way of playing mah jong, what the tile pieces are and how they are used. By the end of the class, everyone should be able to play against each other.

CONVENER: Grace Bagunu E-mail: bagunug@umkc.edu  
CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 10; 4:00 PM - 6:00 PM; Royall Hall, Rm. 203, 52nd St. between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

#7104 A

**Nudism/Naturism 101**

Naked parties, naked people, nude resorts and cruises? There's more to nude recreation than that! Nudism, Naturism, Clothes-free Recreation... Have you ever wondered about the nudist/naturist way of life but didn't know where to go or whom to ask for information? Come meet with a panel of clothed nudists from the Heartland Naturists to learn about the benefits of nude recreation, to dispel the myths that you might have, and to ask questions and get answers. Singles, couples and families are all encouraged to attend.

CONVENER: George & Heather Franck  
CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 8; 7:00 PM - 9:00 PM; Aquarius, 3936 Broadway, KCMO (Enter from 3937 Washington, back door of Aquarius); LIMIT: 50

#7105 A or B

**Basics of Texas Hold-Em**

Learn the basics of Texas Hold-Em. We'll cover the rules of play, poker etiquette and strategy. Stay for the free hold-em tournament after class.

CONVENER: Anne Calvert  
CLASS FEE: \$9

Sec. A: 1 session; Monday, June 26;

Sec. B: 1 session; Monday, August 7;

MEETS: 6:00 PM - 7:30 PM; Lew's Bar and Grill, 7539 Wornall Rd, KCMO; LIMIT: 9

#7106 A, B or C

**Introduction to Horsemanship**

Always wanted to learn to ride? Learn about the safe handling of the horse covering grooming, saddling, history and behavior. This is not a trail ride! You will actually learn something about horses in this fun-filled class, located on 300 acres north of the river. Ages 5 years and up, welcome. Participants will be eligible to sign up for additional riding lessons, separate from Communiversity. Call Communiversity for a map to the farm. Please bring carrots for the horses and \$15 to class for horse and equipment rental and refreshments. Jeri has an Animal Science and Veterinary Industry degree and has taught horsemanship for over 20 years.

CONVENER: Jeri Lee Yagello (toll free: 1-877-468-5858)  
CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 10;

Sec. B: 1 session; Saturday, July 8;

Sec. C: 1 session; Saturday, August 5;

MEETS: 1:00 PM - 3:00 PM; Wind in the Willows Farm, near KCI Airport (contact Communiversity for map), LIMIT: 15

Thank you, Communiversity participants, for 10 happy years. "Merry met, and merry part, and merry meet again!"

~Julie Hise

#7107 A

**Kansas City Science Fiction and Fantasy Society Movie Night**

Do you guiltily hide the covers of your Science Fiction paperbacks when reading in public? Then it's time for you to enter the brave new world of science fiction fandom! Over 30 years strong, KCSFFS is KC's largest group of science fiction fans. Come to our next meeting and find all the friends you've been missing. The June meeting is a picnic to be held in Olathe in June (call for date and location), the July meeting is our movie night with a selection of Science Fiction classics, the August meeting will be held at the Writers' Place: 3607 Pennsylvania, KCMO (call 816-545-4765 for directions).

CONVENER: KC Science Fiction & Fantasy Society (816-545-4765) E-mail: solarwind1@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, July 22; 6:30 PM - 10:00 PM; Education Bldg., Rm. 115, 615 E 52nd St., 52nd & Holmes, UMKC Campus, KCMO; LIMIT: 20

#7108 A, B or C

**Explore the Core! Discover Kansas City by Bus**

Explore the urban core of Kansas City by bus. Ride the new Metro Area Express (MAX) bus from the Country Club Plaza to the new Kansas City Public Library downtown. Learn interesting facts on how using public transportation protects the environment, promotes a healthy lifestyle and enhances the urban core of Kansas City. Please bring a couple of bucks for bus fare and lunch money. David is a member of the Kansas City Transportation Action Team which is a citizens advocacy group that promotes the use of public transportation in the Kansas City metropolitan area.

CONVENER: David Doyle (913-227-0997) E-mail: ddoyle269@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 17;

Sec. B: 1 session; Saturday, July 8;

Sec. C: 1 session; Saturday, August 12;

MEETS: 10:30 AM - 12:30 PM; Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 10

**Social Issues**

#8001 A

**Laughing Off Tragedy**

People want to laugh about the sorry state of US politics and geopolitical problems today. They turn to comedy and late night shows for humor and their take on the news. But the negative, satirical spin adds to a growing cynicism in America and hopelessness about the way things are. People are reticent to get involved to change things. Laughing off grave concerns is the problem.

CONVENER: Lewis Diuguid E-mail: ldiuguid@kcstar.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, July 20; 7:00 PM - 9:00 PM; Royall Hall, Rm. 213, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 30



If you want others to be happy, practice compassion. If you want to be happy, practice compassion.  
~The Dalai Lama

#8002 A

**Sex Slaves**

Learn how the world of human trafficking is becoming the most lucrative business in the world. Learn how women, girls, and even young boys have become commodities rather than people. Learn how our culture not only ignores the situation but supports this horrific industry. Learn how you can stand up and make a difference.

CONVENER: Elizabeth Carter

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 22; 6:45 PM - 8:00 PM; Salvation Army, 500 W 39th St., KCMO; LIMIT: 12

**Volunteers**

#8101 A or B

**Teach Someone to Read: Volunteer Tutor Orientation**

Approximately 225,000 adults in the Kansas City area can't read well enough to perform the simple tasks that most of us take for granted. Literacy Kansas City prepares volunteers to work one-on-one with people who have poor literacy skills. Prior teaching experience is not required. This orientation will show you how to become involved!

CONVENER: Angela Schreffler

CLASS FEE: \$0

Sec. A: 1 session; Thursday, July 13; 6:00 PM - 8:00 PM;

Sec. B: 1 session; Saturday, August 12; 9:30 AM - 11:30 AM;

MEETS: Literacy Kansas City, 205 W. 65th St., KCMO, Basement of the Country Club Congregational Church. Enter on N. side; LIMIT: 40

#8102 A or B

**Protect the Environment: Volunteer Orientation**

Do you dream of an environmentally sustainable future? Come help create it! Since 1991, Bridging The Gap has provided hands-on opportunities for environmental action and education in our community. Recycling, litter prevention, educational outreach and ecological restoration are just a few of the projects in which you can get involved. Come learn how you can make a difference.

CONVENER: Bridging the Gap E-mail: volunteer@bridgingthegap.org Web site: www.bridgingthegap.org

CLASS FEE: \$0

Sec. A: 1 session; Tuesday, June 13; 6:00 PM - 8:30 PM; Bridging the Gap, 435 Westport Rd., KCMO, SE corner of Westport and Pennsylvania, take alley between 380 and Harpo's, BTG is at the end on the left.; LIMIT: 15