

## Recreation, continued

### Tai Chi

Tai Chi is the Chinese exercise system for self-defense and improved physical and emotional health. Research continues to reveal significant benefits to young and old alike from practicing Tai Chi. In today's stressful life, Tai Chi teaches us how to calm our body and our mind. This class will introduce the 8 Treasures Qigong and the Yang Family Short Form.

#### Session 1

**Date:** Sep 5 - 26

T# 3177.6 Sat 9:00am - 10:00am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai

**Date:** Sep 9 - 30

T# 3178.6 Wed 6:00pm - 7:00pm \$40  
Instructor: Aikido Ai Staff  
Location: Aikido Ai in Whittier

#### Session 2

**Date:** Oct 3 - 24

T# 3179.6 Sat 9:00am - 10:00am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai

**Date:** Oct 7 - 28

T# 3180.6 Wed 6:00pm - 7:00pm \$40  
Instructor: Aikido Ai Staff  
Location: Aikido Ai in Whittier

#### Session 3

**Date:** Oct 31 - Nov 21

T# 3181.6 Sat 9:00am - 10:00am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai

**Date:** Nov 4 - 25

T# 3182.6 Wed 6:00pm - 7:00pm \$40  
Instructor: Aikido Ai Staff  
Location: Aikido Ai in Whittier

#### Session 4

**Date:** Nov 28 - Dec 19

T# 3183.6 Sat 9:00am - 10:00am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai

**Date:** Dec 2 - 23

T# 3184.6 Wed 6:00pm - 7:00pm \$40  
Instructor: Aikido Ai Staff  
Location: Aikido Ai in Whittier

#### Session 5

**Date:** Jan 2 - 23

T# 3185.6 Sat 9:00am - 10:00am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai

**Date:** Jan 6 - 27

T# 3186.6 Wed 6:00pm - 7:00pm \$40  
Instructor: Aikido Ai Staff  
Location: Aikido Ai in Whittier

### Aikido

Aikido is an art of self-defense. Using Aikido properly, violent aggression can be neutralized and self defense is possible without inflicting serious injury. Aikido means the way of harmony with all things. Elements of philosophy are woven into techniques. Through the physical practice, students come to understand the mental and spiritual aspects of Aikido.

#### Session 1

**Date:** Sep 5 - 26

T# 3187.6 Sat 10:30am - 11:30am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai in Whittier

#### Session 2

**Date:** Oct 3 - 24

T# 3188.6 Sat 10:30am - 11:30am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai in Whittier

#### Session 3

**Date:** Oct 31 - Nov 21

T# 3189.6 Sat 10:30am - 11:30am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai in Whittier

#### Session 4

**Date:** Nov 28 - Dec 19

T# 3190.6 Sat 10:30am - 11:30am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai in Whittier

#### Session 5

**Date:** Jan 2 - 23

T# 3191.6 Sat 10:30am - 11:30am \$40  
Instructor: Sensei Frank McGouirk  
Location: Aikido Ai in Whittier

## Theatre Arts

### Costuming For Film & TV: How to Break Into the Business of Professional Costuming

Costumes are a key ingredient in creating the character. In this entertaining, informative and interactive class you will get an overview of how to read and "breakdown a script, where and how to get the costumes, a day on the set, how to work with actors, children and stunts. You will also learn how to find a job, write a resume, and ace an interview.

**Date:** Sep 26

T# 3192.6 Sat 9:00am - 4:00pm \$65\*

\*A \$30 material fee payable to instructor in class for a comprehensive manual covering all aspects of the costuming profession.

Instructor: Karen Hudson  
Location: RHC Science Bldg., B118

## Theatre, continued

### Make Up Artistry Certification

Do you love makeup and want to pursue a career in making others look and feel more beautiful? Are you already working in the beauty industry and want to improve your confidence and application skills? Or do you just want to just do a better job of putting on your own makeup? In this class through live demonstrations and hands-on experience, you will discover the professional secrets to beautiful makeup applications. You will develop improved skills and greater confidence in working with clients or just on yourself! MAC Pro Student Kit or any similar makeup kit is recommended. Contact Community Services for details. \*To qualify for a certificate ALL 6 classes MUST be completed. If you miss a class you MUST re-register to receive the Certificate of Completion. Classes can not be taken individually, you must take all 6 classes.

#### Week 1 - Beauty Makeup & the Basics 101

Learn professional secrets for doing a beautiful makeup application on yourself or your clients. A step-by-step approach teaches you how to choose an appropriate foundation, highlight and contouring techniques, and eye shadow coloring and placement for a most spectacular you!

#### Week 2 - The Eyes Have It

Uncover the power of your eyes with makeup skills to bring out the best of this feature. Brow shaping, shadow placement, lining techniques, and application of false lashes are just a few of the many fun topics covered. Don't blink--sign up now!

#### Week 3 - Fashion, Glamour, and Fantasy Makeup

Do you want to replicate the latest runway looks? Or make a striking impression at the next party? Discover and learn how to re-create some of the latest high fashion and fantasy makeup styles during this very creative session.

#### Week 4 - Character Makeup

Would you like to learn the Hollywood secrets to creating special effects with just makeup? Very realistic cuts and bruises will be applied to class models as well as old age effects. This is a great class for theater people as well as for those who just enjoy discovering artistic ways to transform into a totally different persona.

#### Week 5 - Bridal Bliss

Are you getting married and want to have a picture perfect day? Or do you want to expand your business to include doing makeup for brides? Either way, this is the class for you! You will learn refined makeup skills to help you succeed in the lucrative bridal field.

#### Makeup in Review

Students enrolled in the Makeup Artistry Certificate Program listed above, will have the opportunity to review and demonstrate their skills in the topics covered throughout the semester.

#### Session 1

##### Sep 14 - Oct 19

T#3193.6 Mon (6) 6:30 pm-10:00 pm \$345  
Guest Expert: Carolyn Simon  
Location: RHC Science Bldg., Rm S226

#### Session 2

(No Class Nov 9)

##### Nov 2 - Dec 14

T#3194.6 Mon (6) 6:30 pm-10:00 pm \$345  
Guest Expert: Carolyn Simon  
Location: RHC Science Bldg., Rm S226

## Film Industry...

### 2-Day Film School: Produce, Write & Direct

This is an intensive filmmaking crash course to teach how to write, produce and direct an independent feature film. Graduates of this course, which include 24 Sundance entrants, Quentin Tarantino, Guy Ritchie and Baz Luhrman, have had their films gross over \$6 Billion.

#### Day-1 Saturday "Make It"

- "Produce, Direct & Shoot", you will learn to make your first film with budgets from \$5,000 to \$10,000,000.

#### Day-2 Sunday, "Sell It"

- "Distribute, Finance & Profit", you will learn how to sell your first film by attending festivals, attracting a distributor and maximizing revenues from the theatrical, video, cable, broadcasting and foreign markets.

All attendees receive a Filmmaker's Workbook, a Producer's Diploma, and Certificate of Completion. Launch your career today! Ages 18 and up.

#### Session 1

##### Date: Sep 26 & 27

T#3195.6 Sat & Sun 9:00am - 6:00pm \$389\*  
\$489\*

#### Session 2

##### Date: Dec 5 & 6

T# 3196.6 Sat & Sun 9:00am - 6:00pm \$389\*  
\$489\*

\*\$389 for pre-registration or \$489 at door if space permits.

Instructor: Dov S-S Simens

Location: Raleigh Studios/The Chaplin Theater, Hollywood

*About our guest expert: Dov S-S Simens, voted Hollywood's leading film instructor whose graduates have grossed over \$6 billion by producing, writing, directing or starring in independent feature films, Mr. Simens spent a decade as a Line Producer, has taught at America's top 3 film schools and in his spare time has written "From Reel To Deal" published by Warner Books.*

