

➔ Sports & Fitness

MVP

Ultimate X-treme

Ultimate Frisbee fanatic **Anthony Tao** tells us about the extreme nature of the disc

How is frisbee "ultimate"? It's a really fun sport that involves a unique skill set while combining elements of soccer, football and basketball. It's unique in that, for all its competitiveness on the field, players from opposing teams will drink together off the field and have a good time. **Is this a full-contact sport?** It is non-contact in theory, but people are often making contact with the ground when they "lay-out" (a diving bid for a disc). **Is this co-ed?** The Asian Ultimate circuit is mostly co-ed because there aren't enough girls to form a separate division.

Just how good is your team?

Big Brother, the top club team in Beijing, is good. We won the biggest tournament in China in June, the Shanghai Open, beating Team Philippines 15-10 in the finals. But are we the best? That will be determined in October when we go to Hong Kong for the Pan-Asian Ultimate Frisbee tournament. We're trying our best to represent Beijing well.

Who is your team's secret weapon?

It wouldn't be much of a secret if I told you, would it? Maybe we should try to get our opponents drunk by spiking their water with baijiu. **What's your strategy for 2012?** We promise we won't tell anyone ...

Fall league practice began a couple weeks ago. We're working to build on our success in Shanghai because the Ultimate scene in Asia is only getting stronger.

Beijing Ultimate Frisbee
www.beijingultimate.com

We should get our opponents drunk by spiking their water



Anthony Tao will knock out your teeth with a disc

Dance

THROUGH SUN, NOV 13

Learn Tango

Join Marina Kenny for professional tango classes from someone who is actually from Argentina. This workshop will help whip Beijing's tango crew into top shape. She teaches Tuesday, Thursday and Saturday in Chaoyang and on Sunday in Haidian. She is also available for private classes.

Tango Chino Club 5869-5210
glenroyce@hotmail.com
blog.sina.com.cn/u/2073957183

EVERY THURSDAY + FRIDAY

Learn Flamenco

Hideko, a professionally trained instructor, trains beginners in flamenco dance at Casa Flamenco weekday evenings. Call for complete schedule and fees.

Casa Flamenco 8532-1915, 139-1091-4251
flamencobeijing@gmail.com

Foosball

EVERY MONDAY

★ Foosball Tournament

Beer Mania hosts a proper foosball tournament sponsored by Chimay and Hoegaarden. Registration is ¥40 and games are every Monday night. Two to six players per team.

Beer Mania 6500-0559
www.beermania.cn/foosball

Football

EVERY TUESDAY + SUNDAY

Beijing Guardians

Join the Beijing Guardians for a two-hour, full-contact American football practice that includes warm ups, skill drills, tackling training and more. Beginners and experienced players are both welcome. Call or email in advance and they can get equipment ready for you. Check online for full schedule.

¥400-¥600 per season. 7pm

Chaoyang Park 158-1148-0812
info@beijingguardians.com
www.beijingguardians.com

Hiking

SATURDAY, OCT 29

Great Wall + Silver Pagoda Forest

Join the Culture Yard in this hike along old sections of the Great Wall as well as Huairou's Silver Pagoda Forest. ¥300 includes lunch, guide and transport. Reservations required. 8am

Culture Yard 8404-4166
contact@cultureyard.net

SUNDAY, OCT 30

Prove Your Loyalty Hike

This hike heads along sections of the Great Wall that were demolished by the Japanese in WWII. You'll also see the beautiful Pinggu Canyon Park. ¥350. Reservations essential.

Beijing Hikers 6432-2786
info@beijinghikers.com, www.beijinghikers.com

SATURDAY, NOV 5

Gubeikou Wild Great Wall

Join the Culture Yard for this one-day hike to the Great Wall at Gubeikou. ¥360 includes lunch and all fees.

Reservations required. 8am
Culture Yard 8404-4166
contact@cultureyard.net

SATURDAY, NOV 12

Huanghuacheng Wild Great Wall

Join the Culture Yard for a tour of the Great Wall's wilder sections plus a peek at the Silver Pagoda Forest. ¥370 includes lunch and all fees. Reservations required.

Culture Yard 8404-4166
contact@cultureyard.net

Horse Riding

SATURDAY, OCT 29

Ride the Great Wall

Work on your equestrian skills every Sunday from 9am as you ride a horse around the wild area around the Great Wall. Tour village farms and escape the city for a full day of nature and animal interaction. ¥400 includes transportation, guide, food and horse.

PTP Club 136-9302-6428
voipxu@yahoo.com.cn

Martial Arts

SATURDAY, OCT 29

★ Women-Only Self Defense Program

This course, hosted by Krav Maga Beijing's head instructor, teaches women the basics of self defense through Krav Maga. Women can expect to get the skills they need to survive attacks. Open to all women. Must register in advance. Classes are October 29 and November 5, 12:30pm

Krav Maga Beijing 187-1019-0150
info@kravmagabeijing.com
www.kravmagabeijing.com

Netball

EVERY WEDNESDAY

Netball Beijing

Free weekly training sessions in this fun sport kick off every Wednesday



Add Your Event: Every issue we publish THE BEST events from our website. Next issue covers Nov. 10-23. Upload your event by Oct. 31.
www.cityweekend.com.cn