

➔ Sports & Fitness

MVP

Laser Wars

StarTrooper **Mike Widing** knows how to win a Hollywood-style gun battle

Do people need to wear fatigues for laser tag?

Nope, people play wearing normal clothes. Because the battle area is dark it doesn't matter what you wear as long as it is not white cotton, which becomes fluorescent in the arena. **Are the laser guns like real weapons?** No, no and no. Laser tag guns are remote controls on steroids. Only infrared light and a eye-safe laser is emitted; no bullets or projectiles whatsoever. **What is your strategy to win?** Hide, cooperate and outsmart the enemy. You want the enemy to play your game, not only react to their game. **What's the craziest tactic you've seen?** "The Hollywood action star" tactic of charging blindly towards the enemy shooting hundreds of bullets without aiming and expecting everyone to get hit except you. What can I say? Things from TV just don't work. **What**

kind of people does this attract? It's good for anyone, but awesome for company activities. Hands up, how many people don't want to shoot their manager? Come on, be honest! In laser tag this doesn't have to remain a fantasy. But, remember that your boss and your colleges have guns too, so don't be surprised when you get shot in the back. **Do you need military experience to be good at this?** Most players you play against make things up as they go along. So they are totally unpredictable and all previous training you have becomes obsolete.

StarTrooper Laser Tag, Tel: 6475-8329,
www.startrooper.net, info@startrooper.net

"How many people don't want to shoot their manager?"

Mike Widing teaches you how to evade enemy fire



Dance

ONGOING

★ Beginner 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
flamencobejing@gmail.com

ONGOING

Tango Class

Join Marina Kenny for professional tango classes from someone who is actually from Argentina. This two-month 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. Email for more details.

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

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-six players per team.

Beer Mania 6500-0559
beermania.beijing@gmail.com
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
www.beijingguardians.com

EVERY TUESDAY

Lady Football (Soccer)

The China Club Football Women's team is currently recruiting new members. Get your cleats on and hit the soccer field. Sessions are every Tuesday night. ¥40 per session. 7:30pm

Canadian International School of Beijing 5130-6893/4/5/6, pr@wanguoqxing.com www.clubfootball.com.cn

Hiking

WEDNESDAY, OCT 19

★ Great Wall Camping

Join in on a hike that includes two days of exercise and a night of camping out in lush green nature. The Dandelion Hiking group starts from the Baiyu village and heads into the hinterland where you'll have the chance to explore hidden sections of the wall. ¥800 includes transport, camping, gear and guide. Call for reservations. 9:30am

Dandelion Hiking 156-5220-0950
info@chinahiking.cn, www.chinahiking.cn

WEDNESDAY, OCT 26

Camping + Hot Springs

Hit the Great Wall with three days of hiking and camping followed by a climax at the hot springs. ¥950 includes gear, transportation and entrance fees. Call in advance for booking.

Dandelion Hiking 156-5220-0950
info@chinahiking.cn, www.chinahiking.cn

Martial Arts

SATURDAY, OCT 15

★ Women-Only Self Defence Program

This women's only defense course teaches ladies the basics of self defense through Krav Maga. Hosted by Krav Maga Beijing's head instructor, women can expect to get the skills they need to survive attacks. Open to all women. Must register in advance. Classes are October 15, 22, 29 and November 5.

Chaoyang Center 187-1019-0150
info@kravmagabeijing.com

Netball

EVERY WEDNESDAY

Netball Beijing

Free weekly training sessions in this fun sport kick off every Wednesday at 7:30pm. Netball, usually a women's pastime, is a fun, basketball-like sport that combines jumping, running and hand-eye coordination. 7:30pm

Harrow International School Beijing 6444-8900, enquiries@harrowbeijing.cn
www.harrowbeijing.cn

Running

SUNDAY, OCT 16

★ Beijing Marathon

Nearly 30,000 runners will descend upon Beijing in October for China's largest marathon. Beginning at Tian'anmen Square and finishing at the National Olympic Sports Centre

+ Add Your Event: Every issue we publish THE BEST events from our website. Next issue covers Oct. 27-Nov. 9. Upload your event by Oct. 17.
www.cityweekend.com.cn