

➔ Sports & Fitness

MVP

Mixed Magic

Youcef Zalagh mixes and matches killing styles at the **Beijing MMA Club**

How did you get started in MMA? I used to train in judo a lot when I was in France. When I came to China I wanted to train but I couldn't find a club. I wanted to open a club, any I had a lot of friends who were doing MMA so I told them, let's open a dojo where we can train every martial art. So, a year ago I opened the Beijing Mixed Martial Arts Club in the stadium, and now I train there. **Is MMA right for everyone?** MMA is about how to win a fight, how to beat someone. All the techniques train you how to make someone submit or put somebody down. That's the goal when you train for a fight. Otherwise, for people who want to train, it's a good martial art because you can use any kind of technique. You are pretty complete if you do this martial art, and it's also good for general health because it's hard training.

What is the training like? Jalil Aliezh is the instructor. His training techniques focus on how to bring someone down and make them submit. He does good stamina work since most of the fighters have little endurance, even for people who trained before. Aliezh is a wrestler, so he focuses on take downs. **Do you have a cage?** No. We usually train to go outside to fight in events. Many cities organize MMA events. There was one last year. Our instructor fought and it was his first pro fight. He won. **Cost of this training?** Membership cards are ¥600 for ten times, or ¥2,000 for 50.

Find it: Beijing Mixed Martial Arts Club, 3/F, Workers Stadium, Tel: 158-1128-0931

Youcef Zalagh can take you down

MMA is about how to win a fight



Biking

SATURDAY, JULY 16

★ Great Wall Cycling

Get out of the city and cycle along the Great Wall over two days covering 100 km. ¥1,000 includes transportation. Small groups make this a fun way to get to know fellow cycling lovers. Register online. 6:30am

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

Dance

ONGOING

Flamenco Dance + Guitar Lessons

Beginner and intermediate flamenco dancers learn and improve with these classes. Beginners will learn sevillanas, tangos and alegrías. Intermediate dancers learn tientos, seguiriyas, guajiras and zapateados. Both levels cost ¥600 monthly. Weekly classes.

Casa Flamenco 139-1091-4251
flamencobeijing@gmail.com

Fencing

MONDAY-WEDNESDAY

Fencing Lessons

En garde! O'le takes a stab at fencing lessons, offering classes the first three days of the week from 5-8pm. A traditional sports training venue, this foray into foils offers a new take on self defense and sport in Beijing.

5pm
O'le Sports Center 139-0101-5919
xiangling_wang@163.com

Football

EVERY TUESDAY + SATURDAY

Real American Football

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. Check online for full schedule. Free. 6pm

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

Hiking

TUESDAY, JULY 5

Quizoulou Great Wall

Hike through deserted areas of the Great Wall through trees, brush and high grass. Medium levels of fitness suggested for this harder-than-average

age 24 km hike. ¥500 includes transport. Must book in advance. 7:45am

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

THURSDAY, JULY 7

Panglongshan Great Wall

This 8 km hike follows one of the more beautiful sections of the Great Wall, with excellent photo-worthy stops along the way. ¥400 includes transport. Must book in advance. 8am

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

SATURDAY, JULY 9

Great Wall Camping

Although a relaxed hike once you reach the summit, this hike takes a bit of endurance as you and your gear must scale the Lying Tiger mountain before camping. ¥750. Must book in advance.

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

WEDNESDAY, JULY 13

Round Tower Great Wall

Hike up to the Round Tower, a beacon on the Miyun District section of the Great Wall. ¥320 includes cost of transportation, guide, hike and water. Reservations required.

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

Sailing

SAT, JULY 2-SUN, JULY 3

Sailing Promotions

The Beijing Sailing Center is offering a promotional deal where every third class is free when you purchase the two-day learners course. ¥1,900. 9am

Beijing Sailing Center 5900-0276
www.beijingsailing.com

SAT, JULY 16-SUN, JULY 17

★ Sail the Great Wall

A two-day sailing trip to the Great Wall: how many people can say they've done that? While some sailing experience is suggested, this ¥1,900 course includes sailing and meals. 9am

Beijing Sailing Center 5900-0276
www.beijingsailing.com

Watch

SATURDAY, JULY 16

Artistry on Ice

Shen Xue and Zhao Hongbo lead the figure skating team in the 2011 Artistry on Ice show, which brings in several Olympic-level skaters with fashion consultations by Sarah Jessica Parker.

Capital Gymnasium
ponypiaoen@hotmail.com, 6417-7845

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www.cityweekend.com.cn