

# ➔ Sports & Fitness

MVP

## Bad, Bad Barbarian

**Mo Yasin** tells us why short-shorts are back in style in the Barbarians Football Club

**Is this American or European football? Is there a difference?** American football is not a sport and is currently listed as activities to do alongside “taking cooking lessons” and “up hill gardening.” So if you like padding up with loads of protective gear and touching helmets, we suggest you look elsewhere. I believe there are bars in Beijing which cater to that. The clue is in the name, football. Foot-to-ball. The beautiful game is best witnessed at the Theater of Dreams Stadium at Si'de Park

watching the Beijing Barbarians of the IFCC League. **Who is the top player in the league these days?** Now that's a tough question. Most

have turned down big money contracts to play here in Beijing.

All joking aside, the Barbarians' very own Dary Stone Jr. has left us, having been offered a semi pro-contract to play for Singapore Poonani FC. **Is it a sausage fest?** No, the set of “lookers” we have at The Barbarians means that

we always have a stable of the fairer sex following us. **Interesting,**

**how can we join?** We are always looking for fresh new players, so come on down to training.

We are a friendly football club with players from all over the globe. In fact, we pride ourselves on being the “United Nations” team of the league. We have two 11-a-side teams (one in the premier division and the other in First Division). We also have three five-a-side teams. **Do you**

**wear short shorts?** Yeah, it is a spectator sport—it's like *Baywatch* in Beijing! Some of the Italian lads don't even wear shorts, they paint them on. You haven't lived until you've seen the Barbarian's version of Hasselhoff (Big Kevin Plume) jogging in his shorts on a hot Saturday afternoon.

Beijing Barbarians, Tel: 138-1087-7024  
www.beijingbarbarians.com  
contactus@beijingbarbarians.com

It's like  
*Baywatch*  
in Beijing



**Mo Yasin,**  
A-Team Captain,  
thinks football is a  
true man's sport

## Bowling

EVERY THURSDAY

### Bowling League

This is the perfect way to meet new friends in Beijing. Join as an individual and mashup into competitive teams. Games are every Thursday. For more information, check out the website. ¥600 includes eight weeks of play, two games a week followed by playoffs, a league shirt, shoe rental, ball rental and prizes for the winners.

Mashup Sport and Social 159-0120-2499  
www.mashupasia.com/leagues/bowling

## Dance

SATURDAY, SEP 24

### ★ Burlesque Workshop

Don't waste another moment thinking you aren't sexy. Slip into the clothes that make you blush and head to Pussycat Dance for their burlesque workshop. Registration essential.

Pussycat Dance 139-1165-6059  
www.pussycat-dance.com

## Dodgeball

EVERY MONDAY

### Dodgeball League

Get the skills you need to handle the crowd on the Beijing subway with this dodgeball league that plays every Tuesday. Check the website for location. ¥500 includes eight weeks of play, weekly matches, a league shirt and all equipment.

Mashup Sport and Social  
www.mashupasia.com/leagues/dodgeball

## 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

## Heyrobics

ONGOING

### Heyrobics Session

Sweden's most popular sport com-

bines agility, strength and cardio into one fun, efficient workout. The group meets every Tuesday, Thursday, Saturday and Sunday. ¥20 per session. 6:30pm

British School of Beijing (BSB)  
135-8198-7143, info@heyrobics.com  
www.heyrobics.com

## Hiking

SATURDAY, SEP 24

### Dahaituo Mountain Hike

Make the two-and-a-half-hour trek out to the farthest edge of Yanqing District for a chance to hike the second-highest mountain in the Beijing municipality. Since the region is protected from farming, this hike will take you past abundant greenery, flowers and butterflies, but it won't be all warm and fuzzy—the climb up the mountain will require a high level of fitness. Registration essential. ¥350 includes transport, guide, water, snacks and lunch after the hike.

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

SUNDAY, SEP 25

### ★ Countryside Stroll

This walk from Heavenly Lake to the Sacred Way will take you past a man-made lake with views of the Ming Tombs and down a secret trail to the village where the tombs' caretakers used to live. After the hike, you'll explore two of the closed tombs before having lunch at a local restaurant. ¥360 includes transport, guide, water, snacks and lunch. Register online.

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

THU, OCT 6-FRI, OCT 7

### Great Wall Camping

This two-day hike includes a tour of friendly remote villages, forays into nature and, of course, sections of the hidden Great Wall. ¥750 includes food, transport, gear and guide. Call for reservations. 9am

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

## Martial Arts

FROM SAT, OCT 15

### ★ Women-Only Self Defence Program

This women-only defense course teaches ladies the basics of self defense. Hosted by Krav Maga Beijing's head instructor, women can expect to get the skills they need to survive physical attacks. Open to all women. Must register in advance. Classes are October 15, 22, 29 and November 5. ¥1,100 (presale before Oct. 1)-¥1,500 (door). 12:30pm

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

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