

# The Best

of the Bay Area: 110 things to do, see, taste, love.

# San Francisco



## WHAT WE LOVE

## Giving kids cool survival tools

★ No Go Yell Tell! sums up **Studio Naga's** method for dealing with child predators. It's also the name of the **SELF-DEFENSE WORKSHOP** the Indonesian martial arts studio holds for children ages 5 to 12. Kids are taught verbal and physical self-defense as well as affirmation and self-esteem; more advanced classes for teens cover street safety techniques. Studio Naga holds its self-defense workshops throughout schools in the East Bay, and four times a year it offers a free workshop to give back to the community. Register for classes and find times online. 5850 SAN PABLO AVE, OAKLAND, 510-652-6242. WWW.STUDIONAGA.COM.

★ As **Kitchen on Fire's** cofounder Mike C. puts it, "Everyone needs to learn how to cook." And who wouldn't want their kid to whip up some California cuisine every once in a while? The Berkeley **COOKING SCHOOL's** themed, two-and-a-half-hour classes take place every weekend, and Kitchen on Fire even offers culinary summer camps. Kids love that they finally get to play with their food, and adults love that their children learn about safety in the kitchen and the value of organics. The classes are \$50 per session; the only requirement is to come hungry. 1509 SHATTUCK AVE, STE. A, BERKELEY, 510-548-2665, WWW.KITCHENONFIRE.COM.