

Martial Arts/Self-Defense

For Adults

1988



2019



Physical & Mental Benefits ...

- ✓ Learn Practical Self-Defense
- ✓ Improve Flexibility
- ✓ Increase Strength & Stamina
- ✓ Develop Spatial Awareness
- ✓ Stress Relief

About the program:

Students in our Martial Arts Programs learn the **Classical** (Long Fist, White Crane) styles along with **Joint Locking** (Chin Na) techniques.

The focus of each class varies greatly and includes: leg work (stances, kicks), hand forms (blocks and strikes), applications of techniques, Chin Na, pad work, and more.

Schedule of Beginners' Classes:

Schedule subject to change.

Attendance on all days is not required. Twice per week is suggested.

Mon.	Tue.	Wed.	Thur.	Fri.
6:30-7:30 pm	7:30-8:45 pm	6:45-8:15 pm	7:30-8:45 pm	6:15-7:30 pm

Trial Program

\$59 Reg. \$79

New Students, local residents.
Offer expires 5/31/19

Includes ...

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... weeks of unlimited group lessons & uniform.



Questions? Call (978) 475.2020 and ask for Alex or Diana

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