

Martial Arts/Self-Defense For Adults



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.
Sword Basics* 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

*Call or stop by for details about this class time.

Fall Special

4
weeks

... of unlimited
group lessons,
& uniform.

\$59

New Students, local residents. Expires 11/30/18.

Check our website
& Facebook
for latest news



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

5 Dundee Park, Andover, MA 01810 ~ www.YangsAndover.com