

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.

Introductory Special

Unlimited Classes \$79

Offer expires 2/28/18

includes ...

- Unlimited Group Lessons for 4 consecutive weeks
- Kung Fu Uniform



Check our website & Facebook for latest news



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

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