

# 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.
<b>CHIN NA*</b> <b>6:30-7:30 pm</b>	<b>7:30-8:30 pm</b>	<b>6:45-7:45 pm</b>	<b>7:30-8:30 pm</b>	<b>6:15-7:15 pm</b>

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

## Introductory Special

**Unlimited Classes \$79**

Offer expires 7/31/17  
New Students Only.

*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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