

# SEIZE & CONTROL

(aka CHIN NA)

with Dr. Yang Jwing-Ming

No  
Experience  
Required

## What is Chin Na?



- ✔ It is the study of how to control your opponent
- ✔ It uses joint locks to limit opponent's mobility
- ✔ It attacks acupuncture cavities and other sensitive parts of the body with strikes, grabs, pressure and other techniques
- ✔ Is found in almost ALL martial art styles.

**Multi-Level ...** Those with Chin Na experience will be able to practice against punches thrown by opponents and learn what is needed to apply techniques successfully. Those new to Chin Na will learn the basic techniques and preview the next level of training.

## About Dr. Yang ...

Dr. Yang has been involved in Chinese martial arts since 1961 both studying and teaching Shaolin White Crane, Shaolin Long Fist and Taijiquan. Dr. Yang has more than forty years of instructional experience: seven years in Taiwan, five years at Purdue University, two years in Houston, Texas and over twenty years in greater Boston. He is the author of over thirty books and fifty videos on Chinese Martial Arts. Additionally, Dr. Yang has been invited to offer seminars around the world to share his knowledge of Chinese martial arts. Yang's Martial Arts is an international organization with over 56 branch and provisional schools located in the U.S. and abroad.

Register  
Early &  
Save!

(12 weeks)

Classes start ...  
Tuesday, Nov. 7 '06  
7:05-8:05 pm

Classes will not be held 12/12 thru 1/2 (4 Tuesdays)

**NO Experience Required • Space Is Limited!**



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