

No experience required!

Seminar with Dr. Yang Jwing-Ming

Martial Applications

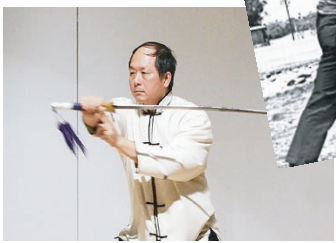
A deeper look at the Basics.

Students of all ages, experience levels and styles are welcome!

Course will include applications of ...



- ✓ Bare Hand techniques
- ✓ Weapon techniques
- ✓ Chin Na (joint lock/control).



Register Early & Save!

(total of 6 hours)

Thursdays, 7:05 - 9:05 pm
Feb. 9, 16 & 23, '12

For info about Dr. Yang's Tuesday offering in Andover:

Healing Qigong, see separate flyer.

Call (978) 475.2020 to register!

No previous experience is required • Space Is Limited!

Discover how applications can be used in both the external (Shaolin) and internal (Tai Chi) sides of martial arts. Combine physical fitness with sensing and feeling and learn how to improve your overall skills. New students will be introduced to basic concepts of martial arts. Current students will gain a deeper understanding of material in the YMAA curriculum.

About Dr. Yang ...

For info about Dr. Yang, visit www.YangsFitnessCenter.com



Yang's
MARTIAL ARTS

5 Dundee Park • Andover, MA
978.475.2020

TO REGISTER, RETURN THE BOTTOM PORTION. Spaces are limited!

Name: _____ Birthdate: ____/____/____ Phone (____) _____
 Address: _____ City: _____ State: _____ Zip: _____ Email Address: _____
 Are there any health or medical concerns (past or present) of which we should be informed? _____
 What do you hope to achieve by taking this course? _____
 How did you find out about this class? _____



| Martial Applications | Yang's Members* | Non-Members |
|------------------------------|---------------------------------|---------------------------------|
| Early Bird By 1/26/12 | <input type="checkbox"/> \$ 89 | <input type="checkbox"/> \$ 109 |
| AFTER 1/26/12 | <input type="checkbox"/> \$ 109 | <input type="checkbox"/> \$ 129 |

Register for both this course and his Tuesday course, take 5% off total.

Non-refundable and non-transferable after 1/26/12.

WAIVER OF LIABILITY

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Martial Arts & Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice. I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, it's owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

All refunds subject to a 10% processing fee.
 *To receive member rate you must be actively enrolled in a Kung Fu or Tai Chi program at YMAA during the time this course takes place.

Participant Signature (Parent/Guardian if under 18) _____ Date _____

OFFICE USE:
 Date rec'd ____/____/____ \$ ____ via ____ taken by ____