



# GROWING STRONGER TOGETHER

## MARTIAL ARTS

*Monday and Wednesday*

*7:00pm - 8:00pm*

*FREE to Y Members Ages 10 and up*



### **-All Skill Levels Are Welcome!**

- Learn self defense in a safe, fun, family atmosphere
- Improve Self Esteem
- Gain strength and flexibility
- Develop balance and agility
- Practice coordination
- Gain a higher level of awareness
- Be part of a martial arts family

### **Techniques Covered:**

- Kicks and Punches
  - Ground Techniques
  - Stick Drills
  - Escapes
  - Throws
- and many more!



### **SHOU TSU DO KUNG FU**

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

