

# Kung Fu



## Kids Program

Learn the seven virtues of Kung Fu: Kindness, Patience, Respect, Loyalty, Self-Control, Humility and Integrity. Stranger awareness, confidence building, and how to react to attacks from other children (verbal, and physical) are also part of the Seven Star Curriculum.



## Adults Program

Our adult Kung Fu program will give you the best workout ever. Kung Fu exercises all major and minor muscle groups. Besides this, you will gain confidence in yourself, and learn realistic self-defense that's easy to understand and apply.



### Sessions Beginning:

The first of every month!

### Class Times:

Ages 3 - 5: Mon and Wed, 5:55pm (\$85/mon)

Ages 6 through adult: Mon and Wed, 6:30pm (\$85/mon)

**Call Now! 585-7778**