

Practical Self-Defense



中國
武術

Chinese Martial Arts

Discover Chinese martial art emphasizing close range combat and practical self defense. Learn various techniques and principles to protect yourself during hostile situations. Gain self-confidence through repeated training and master applicable self-defense skills.

- Practical self-defense
- Improve confidence and body coordination
- Open to ages 7 and up and all skill levels



INSTRUCTED BY
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陳
主
軒

Time: 4-5pm | \$330/per school year

Location: Wood Gym

Reserve your spot today at www.ncschool.org or scan the QR code. Don't miss this chance to embark on an exciting Chinese Martial Arts journey!



IF THERE ARE INSUFFICIENT PARTICIPANTS, THE CLASS MAY BE SUBJECT TO CANCELLATION.