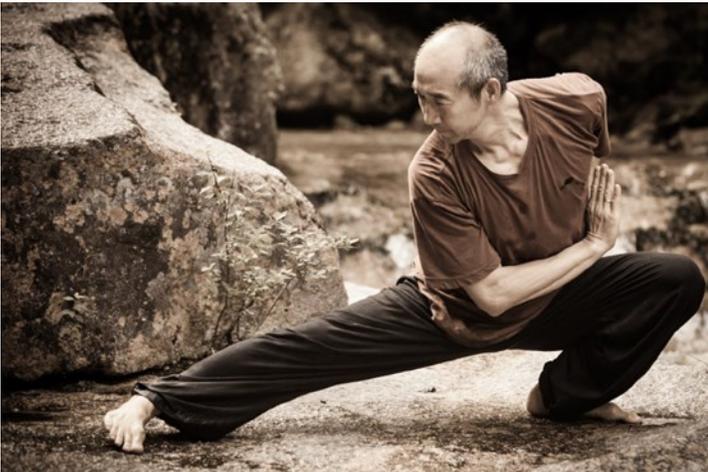


KUNG FU

for Teens

Improve strength, flexibility, and coordination while mastering basic kung fu stances, hand techniques, and footwork.



Master Yao Li

In this weekly class, students will develop a kung fu skill set that encourages self-discipline, self motivation, self-respect, as well as self defense.

This program also introduces breathing exercises and meditation techniques to help students remain centered and calm when faced with the pressure of tests and deadlines.

Find out more about our instructors:



Wednesdays
4 - 5 p.m.
Sermon Center
201 N Dodgion

High School Age Teens

\$30 - 6 Week Session

Session Dates

Sept 14 - Oct 19

Oct 26 - Dec 7 (No Class Nov 23)

Call 816-325-7370 to register.

