

NAM YANG

南洋國術總會

# Martial Arts for 12 – 19 year olds Kung Fu, Kick Boxing, Weapons



- ☯ Confidence
- ☯ Fitness
- ☯ Meeting different people
- ☯ Courage
- ☯ Defence

## Subsidised courses for young people in Surrey.

These courses are being heavily supported by Sport England and Active Surrey. They are aimed at people from 12 – 19 years old who do a medium level of sport already. They are aimed at newcomers to martial arts training.

**Kung Fu:** the classic Chinese martial art. Builds confidence and energy, teaches self defence. Sundays 5.30 – 6.30pm. Starts April 18th.

**Kick Boxing:** sport martial art. Builds fitness and focus. Perfect for competitions. Saturdays 1.00 – 2.00pm. Starts April 17th.

**Weapons.** Classic Shaolin weapons training as made famous in countless kung fu films. Lots of fun and builds confidence and coordination. Includes defence against attacks with weapons. Fridays 6.00 – 7.00pm. Starts April 16th.

Each course runs for 10 lessons and costs only £20.00 (ie £2.00 per lesson) thanks to the sponsorship received from Sport England and Active Surrey. They will take place at Alexandra Park Martial Arts Centre, Epsom, KT17 4BU.



To take up a place or for more information, please call 0800 035 0536 or 01372 725 918 and ask for 'Sports Unlimited' courses or email: [info@namyang.co.uk](mailto:info@namyang.co.uk)