

East Providence Recreation Dept.

Rec. Ctr: 100 Bullocks Point Ave. East Providence, R.I. 02915

401-433-6360 www.eastprovidenceri.net

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KIDS KUNG FU



San Shou Kung Fu class for youth ages 5 - 17.

'San Shou' also known as 'San Da' is a modern Chinese hand to hand combat self defense system and combat sport. The discipline incorporates Ti (kicking) & Da (striking) which youth will practice using mats & punching bags. *Hand to hand sparring is reserved for the advanced student & takes place *only* under strictly controlled conditions.

**Martial arts is a great way to improve physical fitness & self esteem
& to learn self discipline and practical self defense skills.**

**Tuesday's 4-5pm Oct 6 - Dec 8, 2015 / \$50 per child
uniform available to purchase for \$20 (optional)**

** no gloves or shin pads will be needed for this introductory program.*

For more information or to register call 401-433-6360

Class taught by experienced instructors from San Shou Martial Arts Studio
located at 324 Waterman Ave. East Providence, R.I.