

Chin Na, Sparring and short-defence 12-week course

Starting 24th February 2012



Olivier Pardo
Director - YMAA London

Classes will run for 2 hours, every Friday from 24/02/12 18.00 to 20.00

A 12-week program will cover:

- Body conditioning, endurance and speed training
- Reaction training
- Chin Na (locking) techniques
- Take-down techniques
- Short-defence against most common life situations
- Sparring basics

All levels welcome. Please register your interest as places will be limited.
No previous knowledge of the YMAA curriculum is required

Cost: £90 per 12-week course

Venue: Francis Holland School Regent's Park, Main Gym
Ivor Place (corner with Park Road)-London NW1 6XR

The classes will be run by Olivier Pardo, a direct student of Master Yang Jwing-Ming and director of the London branch of the Yang's Martial Arts Association (YMAA). Olivier has over 15 years training experience in Shaolin Long Fist, White Crane Kung Fu and Taiji Chuan.

**YMAA
LDN**

For more information contact: Olivier Pardo

E-mail: ymaalondon@hotmail.com

Phone: 0794 691 4196