



Shaolin-Ryukyu Kempo

Martial Arts School



Adult's Class

The main focus of the adult's class is based around the Okinawan and Chinese forms called 'Katas'. Hidden within the movements passed down for hundreds of years are maps to certain acupuncture points on the body.

By copying the movements and learning about the principals of Chinese medicine etc, a very comprehensive and effective self defence system emerges through practice.

The longer you practice the deeper your understanding becomes. To begin with you will learn basic techniques and stances, these will give your mind, body and Ch'i flow balance and foundation. From these you will learn which pressure points you are hitting and what effect it will have on the body.

One single technique can be used to cause mild discomfort, pain, unconsciousness and even instant or delayed death. Depending on how long you study will depend on what level you will be training on. This gives you the ability to practice a few principles that will work in many different situations.

Another aspect of the class training includes Chinese breathing exercises. These exercises are practised to improve the energy (Ch'i) flow. Firstly to increase the health of the body and clarity of the mind. Later in your training you will learn how to use these exercises to lead Ch'i to the hands when you strike which will greatly improve the effectiveness of the technique.

All of the Instructors at the school are members of the Dragon Society and hold internationally recognised Black Belt Dan grades.

Your first FOUR classes are FREE

Khandallah

Monday

Khandallah Scout Hall

Tiger's 5:30-6:00pm

Dragons 6:00-7:30pm

Johnsonville

Tuesday

Johnsonville School

Tiger's 5:30-6:00pm

Dragon's 6:00-7:30pm

Adult's 7:30-8:30pm

Northland

Wednesday

Community Centre

Tiger's 5:30-6:00pm

Dragons 6:00-7:30pm

Adult's 7:00-8:30pm (Khandallah)

Karori

Thursday

Karori West School

Tiger's 5:30-6:00pm

Dragon's 6:00-7:30pm

Please call Instructor **ADAM LANG** for more information on **477 6497**

For Linden & Papakowhai enquires please call Instructor **ALAN CAMPBELL** on 234-8033