

波特蘭少林武功中心

The Portland Shaolin Center Presents:

TECHNICAL PUNCHING AND KICKING

This class is a four hour seminar focused on proper structure and technique for striking safely, accurately, and powerfully.

This class will cover:

- 10 different hand strikes
- 8 kicking techniques
- Strikes with knees and elbows
- Shield and heavy bag work

The class will include instruction how to work with a partner and a pad/shield for both the striker and pad holder. If you have never hit anything before or if you have had decades of training and want to focus on refining your technique then this is the class for you.

This class is required for advancement to black belt.

**All students
welcome!**

**SATURDAY,
FEBRUARY 23,
2019
10 AM - 2 PM**



PORTLAND SHAOLIN CENTER
3818 SE Powell Blvd. @ 39th Ave.
Portland, OR 97202
503-737-5025
info@portlandshaolin.com

CLASS FEE

FIRST TIME: \$50
SECOND TIME: \$25

ATTIRE

Uniform or loose comfortable clothing

Online registration and additional info. at portlandshaolin.com