

Integrated Martial Arts Class

This Martial Arts originated in Karate, combining many styles (e.g. Kung Fu, Judo, Akido, etc.) to offer the best and safest form of practical self-defense techniques. It also improves fitness, self-confidence, discipline, agility and flexibility. The class is taught in a friendly and relaxing environment.



Coach: Master Yip Kim Fai (Black Belt 6th Dan)

Professional National Coach

Having 20 years coaching experience

Former chief instructor in the British Army

The Champion of Martial Arts (HK)

Venue: Clearwater Bay School (Hall)

Date: Every Monday (19/4/2010-14/6/2010)

Time: 2:45 p.m.-3:45p.m.

Fee: \$1080 (9 Lessons)

Free trial lesson on 19/4/2010

**For enrollment or enquiry, please contact Mrs. Yip at 9278 5544/
e-mail:wamakfyip@yahoo.com**