



In the Quad Cities and teaching for 29 Years

# FREE SELF-DEFENSE COURSE for AUGUSTANA COLLEGE Students

## WHAT TO EXPECT

- Practical Self-Defense
- Improve your focus, confidence, concentration, body-coordination and physical fitness
- Become more balanced – Mind, Body and Spirit
- Traditional Teachings and Training in a modern approach

True fighting principles that can give you life saving knowledge and skills .

A complete martial art system. Wing Chun was designed to be an extremely effective art of defense for anyone who trains in it regardless of size or strength.

Classes are non-competitive and every student learns at the pace they set for themselves.

CLASS DATES: MAY 9TH LAST CLASS

WHERE: **Pepsi Co Court #3**

TIME: 7pm TO 8:45PM

Come in relaxed clothing, tennis shoes and bring water bottle.

**COST: FREE**

Sign up @ <https://societywingchun.com/contact/>  
Comment line type Augustana



Contact: SIFU Chris  
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**WWW.SOCIETYWINGCHUN.COM**