

Woodstock Recreation & Brian Walsh's American Martial Arts Training Academy Present...



Adult Intro to Kenpo Flow

Ages 20 & Up

\$65.00 pp (6 week session)

Date: Wednesdays, April 27 through June 1, 2011

Time: 7:15 p.m. to 8:15 p.m.

Location: Brian Walsh's American Martial Arts Training Academy, 156 Route 171, Woodstock, CT

Kenpo Flow is a low impact martial art designed for the adult student in mind. Martial arts are not about fighting, it is actually the opposite. We train to become a stronger person, a bigger person, not in body but in mind and spirit and to be able to walk away from an unhealthy situation rather than fall into one. We work towards peace but train for unrest. This allows us to project peace however, if that is not an option we use our training to defend and overcome the threat rather than initiate it.

Kenpo Flow is a complete martial art system presented in a low impact manner. The students will learn to defend themselves while training in a safe environment.

Kenpo Flow will explore, examine and study all the techniques and self defense concepts of the American Kenpo system. Each technique and self defense concepts will be studied and analyzed for the body mechanics as well as the practical application. These same techniques will be placed into a form (kata) so the students may practice the form with purpose and understanding. This philosophy of training unites the mind, body and spirit and ensures longevity in the art.

Kenpo Flow is a great experience for adult students of all ages and abilities.

Name: _____ Age: _____ Phone: _____

Address: _____ Email: _____

Yes, I would like to participate in the Introduction to Kenpo Flow Program sponsored by the Woodstock Recreation Commission.
Disclaimer: I understand there are certain risks of injury while participating in the Introduction to Kenpo Flow Program and I agree that I will not hold the Town of Woodstock, Woodstock Recreation Commission including its representatives or Brian Walsh's American Martial Arts Training Academy liable for any injury sustained by me while participating.

Signature: _____ **Date:** _____

Make check payable to "WRC" and submit with registration form to WRC, 215 Coatney Hill Rd, Woodstock, CT 06281 no later than April 20, 2011. For space availability please contact Karen Fitzpatrick at 860-315-5175 or email to recreationdirector@woodstockct.gov as space is very limited. Please be advised that each participant will be required to fill out additional information and disclaimer for Brian Walsh's American Martial Arts Training Academy.

