

# Children's Seminars with Shifu Lisandro Vega

Saturday, October 15, 2011

Ages 7-12

Location: Shaolin Kung Fu of Amherst

For Junior Beginners: 1:00-2:00pm

## **CHIN NA- ESCAPE & REVERSALS**

*Effective techniques to escape from various holds and locks*

Fee: \$20.00 per student

For Junior Int and Adv: 2:00-3:30pm

## **TAKEDOWNS, SWEEPS & THROWS**

*Based in the art of Shuai Jiao (trips, sweeps, wrestling), and Sanshou (sparring that uses a wide range of techniques)*

Fee: \$25.00 per student



Shifu Lisandro Vega is a well-respected martial arts teacher with over 25 years of experience. Shifu Li's gentle and encouraging approach will bring out the best in your child.



**Registration Deadline is Wednesday, October 12.**

To Register, email [Jessica@shaolinkungfuofamherst.com](mailto:Jessica@shaolinkungfuofamherst.com), or send payment to Shaolin Kung Fu of Amherst, 160 Old Farm Road, Amherst

Payments can be made by cash or checks made out to Shaolin Kung Fu Center.



SHAOLIN KUNG FU *Of Amherst*

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[www.kungfuofamherst.com](http://www.kungfuofamherst.com)

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