

Christian Heno

20 years of teaching
experience
4 th degree
Black belt



*For more info about
pricing and schedule
contact me @
778 861 9674
chrisheno@shaw.ca*

This program Includes:

Ten one hour
semi private or
private classes ,Instruction,
Hands out, Equipment
Certificate of completion

Simple and effective
techniques such as blocks,
deflections, punches, kicks,
throws, locks, joint manipu-
lations , will be taught in the
course.

Each class starts and
finishes with a meditation
period to help each
student to connect
mind to body.

CONQUER THE DRAGON



WINTER PROGRAM 2018

STARTING NOW at KGMS:
MONDAY-TUESDAY or WEDNESDAY
From 3.30pm to 4.30pm
or 4.30pm to 5.30pm

**THIS UNIQUE MARTIAL ARTS
PROGRAM**

- WILL BRING
- CONFIDENCE
 - SELF ESTEEM
 - SELF RELIANCE
- TO YOUTH WITH
LEARNING CHALLENGES

CONFIDENCE

SELF ESTEEM

SELF RELIANCE

