

Christian Heno

20 years of teaching

experience

4 th degree

Black belt



*For more info about
pricing and schedule*

contact me @

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This program Includes:

Ten one hour
semi private or
private classes.

It includes 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

STARTING JANUARY 2019

**THIS UNIQUE MARTIAL ARTS
PROGRAM**

WILL BRING

- CONFIDENCE
- SELF ESTEEM
- SELF RELIANCE

TO YOUTH WITH
LEARNING CHALLENGES

CONFIDENCE

SELF ESTEEM

SELF RELIANCE

