



KEMPO

FREE with membership, no registration required.

Shaolin Kempo combines the circular, fluid motion of Chinese Kung Fu and linear, powerful movements of Japanese Karate. It is a highly effective, practical art for street self-defense. In addition, it implements joint manipulations and grappling tactics of Jujutsu.

Shaolin Kempo develops all ranges of combat: long, middle, and close. It also utilizes all four ways of fighting: striking, kicking, felling, and grappling.

Training consists of numerous fun and practical methods, including, classical basics, use of striking pads and heavy bags, self-defense techniques, and sparring, and kata (forms). Through the training in Shaolin Kempo, students will develop the Five Shaolin Animal styles, which encompass different body types and fighting tactics: the Tiger, Dragon, Leopard, Crane, and Snake.

FOR MORE INFO, contact Sara Dawson, Group Exercise Manager, at sdawson@bangorY.org.

**Fridays:
6:30–8:30PM
& Sundays:
2:00–3:30PM**

**Offered by John Costello,
Classes go until
December 17th.**