

Self –Defense Class

*Spring 2018
Session*

Feb. 5 – Mar. 28
(Monday & Wednesday)

5:45pm-7:45pm

Sycamore Public Library

Cost – \$150
(includes class t-shirt)



Learn the art of Self-defense in this class filled with technique, history and fun. Self- defense class will focus on the following topics: Bow in class, stance work, punches kicks blocks, conditioning, form work, two men exercise and bow out.

The instructor, Sifu Paul O’Laughlin, holds a third degree Black Sash in Chuka Southern Praying Mantis Kung Fu. Sifu Paul began his Kung Fu training at the age of 12. He has been an instructor since 2000. He has received extensive training in Chuka Southern Praying Mantis.

REGISTRATION REQUIRED:

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