



Harrison Recreation Presents

HALL OF THE SNAKE AND CRANE WING CHUN KUNG FU



Wing Chun is known for its simple and direct movements which makes it one of the most efficient and practical kung fu systems in the world today. This effective system of self-defense relies on skills and techniques, rather than on physical strength. This equates to discipline, patience, and self-control.

Wing Chun operates the body, mind, and spirit creating balance, coordination, increased sensitivity and relaxation. It promotes weight loss, defines your shape and gives your body and mind a makeover. This dynamic form of self defense will make a positive change in the way you look, feel, and think. For all those who have a desire to study and learn Wing Chun, this remarkable art of ancient Chinese Kung Fu, you can begin training today in this unique system.

LOCATION

The Leo Mintzer Center

251 Underhill Ave W, Harrison,
NY 10604

START DATE & TIME

April 3rd @ 5pm-7pm

Classes will be held Sundays @
9am-11am and Wednesdays
5pm-7pm



COST

\$160 per month

PAYABLE BY CASH OR CHECK

**Checks made out to Ball Hawk Inc.
(143 Lakeview Ave, West Harrison, NY 10604)