



WUSHU  
KUNG FU  
TAI CHI  
SPARRING  
SELF DEFENSE

**JOIN CLASSES FOR KIDS OR ADULTS OF ALL AGES**

**EXPERIENCE PERSONAL TRAINING CATERED  
TO ANY FITNESS LEVEL**

**GAIN COORDINATION AND STRENGTH**

**IMPROVE SELF-DISCIPLINE AND SELF-CONFIDENCE**

**FOSTER A SENSE OF GREATER WELL-BEING**

At Wong's Martial Arts Academy, our goal is to help each student achieve excellence in both, martial arts practice and in their lives.

We focus on a classic martial arts philosophy that emphasizes achieving balance in life in order to become happier, more productive members of our communities. Through a blend of traditional and contemporary martial arts training methods, our students develop focus, concentration and compassion for themselves and others. Our personalized instruction helps to build self-control and self-confidence. Students ranging in age from four years old to well into their senior years have trained and benefited from our program. High energy Kung Fu and Wushu classes provide an aerobic work out and build strength, while Tai Chi and Qigong sessions increase balance, well-being and relaxation.

More than a physical practice, our training supports values that will last a lifetime, providing a peaceful path to self-esteem and a healthy capacity for discipline. Our instructors emphasize respect for parents, teachers, peers, law enforcement and our wider communities. We also promote abstention from drugs and alcohol and coping skills for handling negative peer pressure.

## BENEFITS OF TRAINING

### Stay in Shape

- Enjoy a highly aerobic, energetic form of exercise
- Increase flexibility through a restorative stretching program
- Build strength, power and stamina

### Relieve Stress

- Learn to clear your mind of unnecessary clutter
- Develop the ability to focus on positive thoughts and leave negativity behind
- Increase your efficiency and productivity

### Build Confidence

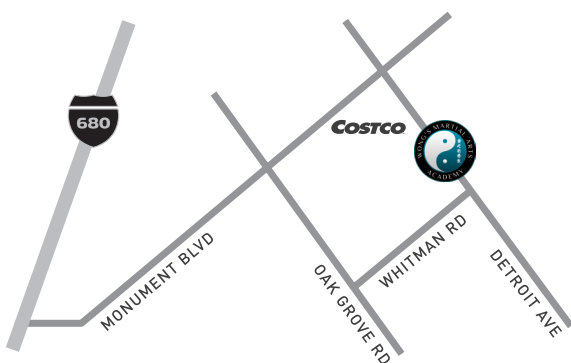
- Feel more in control and at ease in your every day life
- Become more aware of your surroundings
- Enjoy higher energy levels

Call us today for your complimentary lesson and discover what martial arts could mean to you.

### WONG'S MARTIAL ARTS ACADEMY

1027B Detroit Avenue  
Concord, CA 94518

925-686-9664  
[www.wongsmartialarts.com](http://www.wongsmartialarts.com)



“ At Wong’s Martial Arts Academy everyone is on equal footing and gets the type of one-on-one attention most other classes can’t or won’t offer. ”  
– Contra Costa Times