

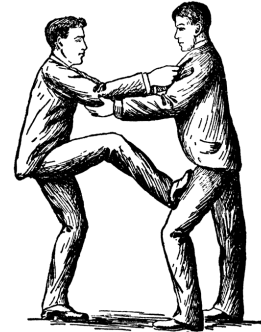
Way of the Winds Self-Defense

Sensei Farooq Azizuddin

**Where: Arrowwood Hills Community Center
Information Meeting on April 9th**

When: Tuesday & Thursday 5-6pm

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A nine week self-defense program for children and women is being offered and initially begins on Wednesday April 9th from 5-6pm.

Classes will continue throughout April and May on Tuesday's and Thursday's at the Community Center from 5-6pm until May 29th.

Sensei Farooq Azizuddin, a 3rd Degree Black Belt will be hosting this special program. Martial arts uniforms are a requirement and can be ordered at the first class meeting.

This self-defense program held at the Arrowwood Hills Community Center aims to promote self-control, discipline and good physical health, not violence.

Class Outline

1. Why we learn Martial Arts.
2. Stretching and Warm up.
3. Basic horse stance and defeating a larger opponent.
4. Side kick, front kick and learning to fall.
5. Roll out, fore fist straight punch, roundhouse kick.
6. Pre-arranged sparring. Breaking techniques.
7. Use of Chi in defeating multiple assailants.