

BREAKTHROUGH MARTIAL ARTS

is Back!



VERNON WING CHUN ACADEMY

JANUARY 2024

We're Back!

Grand Re-Opening

Saturday, Jan 4th

Come try a FREE class and take advantage of one day only membership specials!

Wing Chun (ages 15+) 9-10am

Little Ninjas (ages 4-6) 10:15-10:45am

Rock Solid Kids (ages 7-10) 11-11:45am

Extreme Teens (ages 11-14) 12-1pm

Help us spread the word!



Bo Staff Seminar in Kelowna

Great Way Martial Arts

Saturday, Jan 18th

Beginner adult Bo-staff seminar with the instructors at Great Way. Short and long staff techniques, dragon pole, and traditional Kung Fu stances and how to incorporate them into weapons and flexibility training. Seminar will also include an introduction to Nunchucks. 3 hour seminar includes staff, nunchucks, and snacks!

2-5pm

2243A Leckie Rd Kelowna

Greatwayma.ca for pricing and registration

Knife Night!

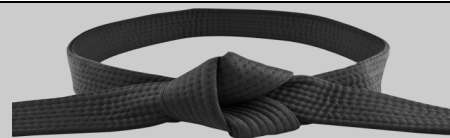
Thursday, Jan 30th

Ages 14+

Join us for this special class focusing on knife defenses, drills, and marker sparring! Don't forget your white t-shirt! Takes the place of the regular Wing Chun class that night.

FREE

7:00-8:00



RSK & XT Monthly Theme:

Extreme Kung Fu - Orange Stripe

Stripe Testing = Jan 28th - Feb 1st

Belt Testing = Sat, Feb 1st

Wing Chun Monthly Theme:

Self Defense

Review Week = Jan 28th - Feb 1st

Special Teams

Demo Team

Leadership Team

Assistant Instructor Team

Coming Soon!



Breakthrough Martial Arts
2709 43rd Ave Vernon BC
778-930-2124
www.breakthroughmartialarts.ca
breakthroughma@gmail.com

