

BREAKTHROUGH MARTIAL ARTS



VERNON WING CHUN ACADEMY

JANUARY 2020

Re-Open

Thursday, Jan 2nd

We hope you and your family had a fantastic Christmas and New Years! We all know January is great time to get re-focused and back on track with our fitness and training goals. Tell us your Kung Fu goals for 2020 and we'll work together to make it happen!



January Parents Train FREE Wing Chun Kung Fu

Parents of children in our kids programs can try our adult Wing Chun classes for absolutely free all month long! Meet new people, learn real world self defense skills, get in fighting shape, and connect your mind, body and spirit like never before! Grab a schedule and jump in!

2 Year Anniversary

Saturday, Jan 18th

Thanks for an amazing 2 years Vernon! Free hotdogs and drinks, free drop in classes, and don't miss the Breakthrough Action Team at noon!



Knife Night! Thursday, Jan 30th Ages 14+

Join Sifu for this special class focusing on knife defenses, drills, and marker sparring! Don't forget your white t-shirt!

FREE
7:00-8:30



RSK & XT Monthly Theme:

Extreme Kung Fu - Orange Stripe
Stripe Testing = Jan 28th - Feb 1st
Belt Testing = Sat, Feb 1st

Next Wing Chun Monthly Theme:

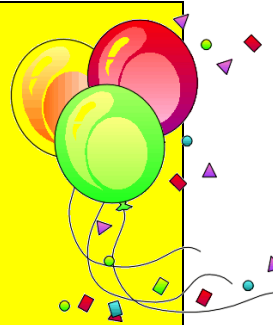
Self Defense
Review Week = Jan 28th - Feb 1st
WC Gradings (0-3) - Sat, Feb 1st

Special Teams

Demo Team Practice
Sat, Jan 4th - 2:00pm
Sat, Jan 11th - 2:00pm

Kung Fu Birthday Parties

Did you know Breakthrough hosts awesome kids birthday parties? Two action packed hours of Kung Fu games and dodge ball! Book your child's party today!



Breakthrough Martial Arts
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