

MODERN WARRIOR PRESENTS

# Chin Na

Saturday, January 21<sup>st</sup>

3 – 7 pm



This course will tackle the **joint manipulations** and **grappling concepts** characteristic of Chin Na. It's a student favorite here at Modern Warrior, and once you take it you'll know why!

Originating from the mountainous regions of Southern China, **Chin Na minimizes and often eliminates the need for extensive footwork.** Economy of Movement, one of the 4 principles of Bo Fung Do, will be the central theme of this class

*\$50 per person; \$46 each for groups of 2 or more  
Seniors, LEO/Military/Veterans : \$45, \$41 for groups of 2 or more  
MWS : \$35 per person*

Advance registration, with a 50% deposit method, IS required  
Space is limited; register early to secure your spot

**631-226-8383**



**Modern Warrior®** *Self Defense for the Real World*

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