

First Sunday of every quarter at Atlanta Kyusho & Jujitsu!

Sign up for updates
on the email list at
www.AtlantaKyusho.com

11am to 12pm Chi Gong

Chi Gong is an internal aspect of Traditional Chinese Medicine (TCM) that approaches proactive health as opposed to reactive treatment. It involves the coordination of different breathing patterns with various physical postures and motions of the body.



In TCM, sickness comes from an imbalance within the body. These motions help to stretch and work the meridians and organs. This promotes a stronger and more balanced mind, body, and overall health.

Benefits of self-healing Chi Gong:

- Cardiovascular
- Respiratory
- Immune System
- Brain
- Musculoskeletal
- Chronic Pain
- Mental Health
- Longevity



**Mind
Body
Spirit**

1pm to 3pm

Women's Self Defense

Self defense doesn't have to be complicated. In this women's self-defense class, you'll work quick, easy techniques to escape an attacker's assault.

Learning to defend yourself is your moral and legal right, **EMPOWER YOURSELF** to do so!

In this class you will:

- Learn simple techniques from different scenarios.
- Learn myths of self defense and what to and NOT to do.
- Learn how to use your voice as a weapon.
- Learn to be aware of your surroundings and not get caught off guard.
- Use Pressure Points (Kyusho Jitsu) to enhance your defense.



Atlanta Kyusho & Jujitsu
at the Telephone Factory Lofts
828 Ralph McGill Blvd, W9
Atlanta, GA 30306
678 596 4051
www.AtlantaKyusho.com

Each class only \$10! Come to one or both. Wear something comfortable and be ready to move around. It's a friendly atmosphere so be ready to have fun!