



# Shen Chi Do

## World Association

Professor Grand Master Shener Dervish. 10th Dan. Founder & President of the World SHEN CHI DO Association



Gary Kakindiros : 3rd Dan Instructor

Trained by Prof. Grand Master Shen, 10th Dan founder member & Master Bill John, 4th Dan

Contact on: 07836 646 177

From absolute beginners to advanced, for men, women, boys and girls from 6 years old and upwards

There are regular grading's up to blackbelt and over

New students can be ready for their first grading in just 10 lessons

A complete martial arts workout

Learn proper kicks with speed and power

Learn how to throw, double and treble kicking combination techniques

Self defence techniques and form kata's

Learn how to use various weapons, including stick and sword

Whether you want to learn excellent fighting skills and take part in annual tournaments (light contact only), juniors and seniors, including ladies or;

Whether you want to keep fit, improve stamina and learn self defence or;

Improve co-ordination, posture and flexibility;

This styles for you!



Every Monday

St Alphege Church Hall, Rossdale Drive,  
Edmonton, London N9 7LG

TURN UP AT 7.45pm FOR A 8.00pm  
PROMPT START

Every Wednesday

Edmonton Leisure Centre, 2 The Broadway,  
Edmonton, London N9 0TR

TURN UP AT 7.15pm FOR A 7.30pm  
PROMPT START

[www.shenchido.com](http://www.shenchido.com)