

Shen Chi Do

De-stress yourself with a complete martial arts workout.



Self defence

*Multiple kicking technique.
Unlimited hand motions.
Joint locks and throws.
Weapons for advanced students.
Sparring, patterns,
basic boxing skills,
Suitable for men,
women and children
from ages 6 and above.*

Venue

*Classes held on Tuesdays 7.00 – 8.30pm at
Cranbourne School, Bridleway North,
Hoddesdon, Herts, EN11 9PP.
Use entrance to the left of reception please.*

*Professor Shener Dervis 10th Dan,
Founder/President of the World Shen Chi Do Association.*

Price / Details

*Regular gradings
up to black belt.
Lessons cost
£5.00 Adults £4.00 Juniors.
www.shenchido.com.*

Benefits Inc.

*Gain confidence,
Improve balance,
Become flexible,
Sharpen reflexes,
Strengthen the body
And mind,
Develop your Chi
flow,*

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