

Kids of all ages!

Enjoy
Weird Fun!
Flying!

Join our unique
Indonesian
Martial-Arts
Class



Learn Kuntao-Silat

Tuesday and Thursday evenings
at 6:00 and Saturdays 11-12:00

At the Wulf Recreation Center



Men Get Flexible



Kids get Confident

Women get strong

Adult class offers Forms,
Conditioning, Self-defense
Stress reduction, Confidence,
A Good Cardio workout,
Heavy bag workouts, Sparring,
And a lot of fun.



Visit Wu-li.com to see some amazing Self-Defense techniques



Hi There

I'm John McKenna, and what can I say but Kuntao-Silat is just weird fun. You won't realize you are getting in phenomenal shape. You get endurance, flexibility, confidence, strength, timing, quick reflexes, coordination, cardio, personal power, mental poise and, believe it or not... **Relief from stress.**

Call me for more information at 303-838-9467