

# 2 Special Workshops with Paul Blake

## SOLO SWORD FUNDAMENTALS



Solo sword fundamentals will be covered preparing the practitioner for two-person exercises which eventually leads to the Sword Form.

### 5 week course

**Tuesdays, 8:05 - 9:05 PM**  
starting July 20

Some martial arts experience required.

Wooden sword required, available for purchase at Yang's (\$25).

## 4 Seasons Qigong



### Qigong for Health & Wellness

Learn the theory and exercises on how to adjust your body's Qi (chi) during the change of seasons and to maintain your health.

### 4 week course

**Tuesdays, 8:05 - 9:05 PM**  
starting Aug. 24

No experience required.



**Yang's**  
MARTIAL ARTS

5 Dundee Park • Andover, MA • 978.475.2020

For more info about Mr. Blake, visit:  
[www.YangsFitnessCenter.com](http://www.YangsFitnessCenter.com)

**TO REGISTER, RETURN THE BOTTOM PORTION. Spaces are limited!**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_

Are there any health or medical concerns (past or present) of which we should be informed? \_\_\_\_\_

How did you find out about this class? \_\_\_\_\_



	Member*	Non-Member
<b>Sword</b> 5 weeks starting July 20	Early Bird By 7/19 <input type="checkbox"/> \$ 62. <sup>50</sup>	<input type="checkbox"/> \$ 70
	After 7/19 <input type="checkbox"/> \$ 85	<input type="checkbox"/> \$ 80
<b>4 Seasons Qigong</b> 4 weeks starting Aug. 24	Early Bird By 8/17 <input type="checkbox"/> \$ 50	<input type="checkbox"/> \$ 60
	After 8/17 <input type="checkbox"/> \$ 55	<input type="checkbox"/> \$ 65
<b>BOTH</b>	BY 7/19 <input type="checkbox"/> \$113	<input type="checkbox"/> \$120

#### WAIVER OF LIABILITY

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Martial Arts & Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice. I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

**Best SAVINGS!**

\*Must be an active member of YMAA/YFC/YOAA during the time these workshops take place.

NON-REFUNDABLE AND NON-TRANSFERABLE ONCE COURSE BEGINS. REFUNDS SUBJECT TO A 10% PROCESSING FEE.

Participant Signature (Parent/Guardian if under 18)

Date

OFFICE USE:

Date rec'd \_\_\_\_/\_\_\_\_/\_\_\_\_ \$ \_\_\_\_ via \_\_\_\_ taken by \_\_\_\_