



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MASTERS SELF-DEFENSE & Cardio Club

Learn how to protect yourself against an attack. Build confidence in yourself and your ability to handle situations. Don't put the power of control in your attackers hands, put it in yours. There is no sparring, forms or testing to progress to the next level in this club. Learn and progress at your own pace. Develop friendships with your fellow classmates and have fun.

**INSTRUCTOR:** Sifu Travis Gibbs,  
4<sup>th</sup> degree Black Sash

**Requirements:** Must wear kung fu pants, t-shirt and have striking gloves. (These will be ordered from instructor.)

**AGES:** Middle Age – Seniors  
Open to Men & Women

**TIME:** TU & TH 7:15 – 7:45pm

**Course Dates:** Register Monthly

**WHERE:** Everett Milton YMCA  
Community Room

**COST:** \$40 monthly

Contact Travis Gibbs  
for more information 229-221-4643  
Sifu Travis Gibbs 4th Degree Black Sash

