



SILVER DRAGONS PROGRAM



AGES 55+ YEARS OLD

Where Seasoned Warriors Continue!

Improve balance, coordination, and strength—through movement, exercise and progressive training.

What to Expect

- Safe, structured martial arts basics
 - Significant physical and mental benefits
 - Age appropriate techniques
 - Injury prevention
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Class Schedule

Day/Time: 45 min class in AM or SATURDAY

Benefits for Yourself

- Improve range of motion
 - Sharpen memory and mental acuity
 - Maintain muscle tone
 - Flexibility
 - Stress relief
 - Reduce fall risks
 - Cardiovascular health
 - Weight management
 - Active community
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What to Wear

Comfy workout clothes or a beginner uniform

How to Join

Email: kuksoolwonggreenville@gmail.com

Phone: 864-525-1862