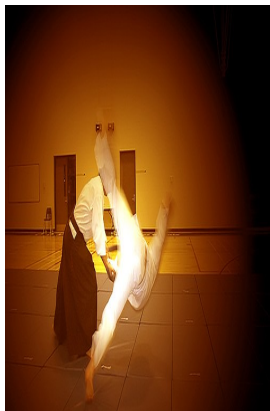


SELF DEFENSE & CORE TRAINING



Class Will Offer:

- Self-defense, Protection & Safety for all levels
- Effective mixed martial arts techniques for Men & Women**
 - Practical street-wise applications
 - Increased Self-control & Self-confidence
 - Overall Body Toning & Conditioning
 - Abdominal & Muscle Strength
 - Flexibility, Coordination & Endurance
 - Fitness, Weight Loss & General Health
- Enhanced physical development, intellectual performance, concentration, mental clarity & inner-calm.

About our trainer:

Grand Master Rafael Qian Rivero has 23 years of martial arts experience, 25 Gold medal championships, with over 15 black belts in four different styles, including self-defense, kung-fu, muay thai, kickboxing, t'ai chi, boxing, & qi gong.



**Tuesdays
4:00-5:00pm**



FIU BISCAYNE BAY
RECREATION
Strengthening Mind and Body