



# EASTON SPRING SCHEDULE '25

CALL 508-942-4339 ASK FOR COACH WAR FOR MORE INFO 5 HAMPDEN DR, EASTON MA 02375



	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:30-6:15	Little Warriors		Little Warriors	Little Warriors		
6:00-7:15	Youth Class		Youth Fencing esgrima	Youth & Adult		
7:00-8:15	Adult Class	Sanshou Conditioning	Teens & Adults			Sanshou Conditioning

**Saturday**

10:00-11:15 Youth Class

11:00-12:15 Esgrima/Fencing

12:00-1:00 Advanced Class

1:00-2:00 Cardio Kickboxing

**What we teach at Easton Self Defense:**

Kickboxing (Sanshou) Our kickboxing style is rooted in Sanshou, a dynamic form of combat that emphasizes both striking and throwing techniques. We believe Sanshou is one of the most practical styles for street defense.

Traditional Martial Arts Influence: Our curriculum draws from various systems such as Quan Fa (Chinese martial arts), Silat (a martial art from Southeast Asia), Okinawa Karate, and FMA (Filipino Martial Arts). These disciplines teach a broad range of skills, from powerful animal strikes and joint locks to fluid movement and strategic thinking. We believe in blending these systems to create a versatile martial artist who is ready for any situation.

Lucayos Esgrima Martial Arts: We incorporate Esgrima (South East Asian, Afro and Indigenous Caribbean (Americas), and Euro Martial Arts, which is known for its focus on weaponry and self-defense against armed and unarmed threats.