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Shaolin Kempo at Old Town Hall

Experience an Ancient Martial Art with traditional training methods that promote
BALANCE * STRENGTH * COORDINATION * FLEXIBILITY

Students also will learn: EFFECTIVE SELF DEFENSE * FOCUS
DISCIPLINE * RESPECT * SELF CONTROL * CONFIDENCE

Tuesdays: 4:15-5:00pm (ages 8-12) * 5:15-6:00pm (ages 13-adult)

New Classes Starting in October!

Register online at: www.woodburyparksandrec.org



Adam Tilbe has been studying and teaching martial arts for over 20 years. Over that time, he has been very fortunate to receive private instruction in the Arts of Shaolin Kempo, Kung Fu, Tai Chi, and Qigong from some of the most respected Masters in the United States and China. In 2022 he was recognized as a Master (Sifu) by his teachers. Since 2004, Adam has traveled to China on several occasions to train directly with the monks at the Shaolin temple. In 2008 & 2018 he had the honor of performing for Abbot Shi Yonxin at the Shaolin Temple.

