

# CNY Filipino Martial Arts Academy

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**CNY FILIPINO  
MARTIAL ARTS ACADEMY**  
(315) 313-KALI (5254)

CNY Filipino Martial Arts Academy is the only school dedicated to promoting the Filipino Martial Arts in Central New York.

Our focus is to train individuals from all walks of life in a highly effective system known for its practical approach to self-defense, *regardless* of size, age, or physical condition. We also focus on the tools to help one succeed in all aspects of life.



## Courses Offered:

- **Kali – Filipino Martial Arts**
- **Panantukan – Filipino ‘Dirty’ Boxing**
- **Dumog – Filipino Grappling**
- **Jeet Kune Do**
- **Women’s Only Self-Defense**
- **Youth FMA (Ages 8 - 12)**
- **Mighty Mites (Ages 4 – 7)**





About Guro Chris:

- Over 24 years of training in the martial arts
- 19 years teaching experience
- Certified Filipino Martial Arts/Kali Instructor
- First Aid, AED, CPR Certified
- Multiple styles background experience

**Benefits of our classes:**

- Comprehensive training
- Empty Hand Skills
- Street Grappling
- Real self-defense that WORKS
- Knife Defense
- Weapons Training
- Unique Training Methods
- Boost Self-Confidence
- Awareness
- Bully Prevention
- Fitness
- Fun