

Tai-Chi

TRADITIONAL YANG STYLE
TAI-CHI CHUAN

Kung-Fu

SHAOLIN FUT-GAR
KUNG-FU



Health, Vitality, Well-Being
Wednesday 7.30pm-8.30pm
Plimmerton School Hall
School Road Plimmerton

Confidence, Fitness, Self-Defense
Wednesday 8.30pm-9.30pm
Plimmerton School Hall
School Road Plimmerton

Rich in history, culture and tradition

Tai-Chi and Kung-Fu are great for
improving your mind, body and spirit

Let me help you take the first step on a
journey of self-discovery



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