

Tai-Chi

TRADITIONAL YANG STYLE
TAI-CHI CHUAN

Kung-Fu

SHAOLIN FUT-GAR
KUNG-FU



Health, Vitality, Well-Being

Confidence, Fitness, Self-Defense

**Kung-Fu & Tai Chi are taught week-about on Wed 7.30pm-8.30pm
Plimmerton School Hall, School Road Plimmerton
Minimum Age 12 Years**

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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