

Tai Chi

TRADITIONAL YANG STYLE TAI CHI



Kung-Fu

SHAOLIN FUT GAR KUNG-FU



Health, Vitality, Well-Being
Thursdays 7.30pm-8.30pm
Papakōwhai School Hall
17 Spey Place, Papakōwhai

Confidence, Fitness, Self-Defense
Thursdays 8.30pm-9.30pm
Papakōwhai School Hall
17 Spey Place, Papakōwhai

“Rich in culture and tradition, Tai Chi and Kung-Fu is great for improving your mind, body and spirit... a journey of self-discovery... let me help you take the first step...”



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