

Old Man Kung Fu (6 GBP)













Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-546464-z>

We are looking for mature men and women who have lost confidence in their physical ability and fitness. Our classes are designed to teach basic skills in the intricate art of Wing Chun Kung Fu. This art is practised by all ages due to there being no requirement for high kicks or big complicated motions. The classes will push you, but keep in mind old injuries or physical difficulties you may have. It will make you more confident, improve health, and build self defence skills.

The first class is free, so you can try it to see if its for you.
 Every Tuesday 7.00pm - 8.30pm
 LITTLEHAMPTON UNITED CHURCH HALL, 1 HIGH STREET, LITTLEHAMPTON, BN17 5EG

If you have any queries, please feel free to get in touch.
 Email click to contact or ring 07745196899 077451968...(click to reveal full phone number)

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