

Brisbane kung Fu

Wu Zen Dao The Way of Martial Art Zen

## **GROUP CLASSES AVAILABLE**



#### **MacGregor**

Drama Room P001, MacGregor State High School, Blackwattle Street, MacGregor.

Monday	6-8pm
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Monday	6-8pm

Shaolin / Weapons Tai Ji / Qi Gong Xing Yi Shifu Peter Natalier Shifu Kevin The Shifu Chris Fanning

Friday6-8pmShaolin / WeapoFriday6-8pmTai Ji / Qi GongFriday6-8pmXing YiFriday8-9pmAdvanced Class

Xing Yi Shaolin / Weapons Tai Ji / Qi Gong

Shigong Jason King Shifu Kevin The Shifu Chris Fanning Shigong Jason King



### Mt Gravatt

Saturday Session 1: 9 - 10.30 am Session 2: 10.30 - 12 pm

St Agnes' Hall – 1227 Logan Road, Mt Gravatt Shaolin Kids Shi Xiong Richard Shaolin Kids Shi Xiong Richard





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# **PERSONAL TRAINING / PRIVATE TUITION AVAILABLE**

#### Springwood

Shigong Jason King

Weekdays (T, Th, F) Evenings (W, Th) Saturdays (8am – 2pm) Available by appointment Available by appointment Available by appointment

Training available in the following disciplines:

- Shaolin Kung Fu
- Tai Ji
- Qi Gong
- General Fitness
- Weapons
- Stage Combat



- Boxing for fitness
- Stretching
- Sparring
- Grappling
- General fitness

Private tuition is particularly suitable for those who are unable to make regular class times, who prefer one on one training to group classes, or are looking for specialised training.

Private tuition is also good for students who are making up for missed lessons, preparing for tournaments, or applying for a grading.