

## 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 Shaolin / Weapons Shifu Peter Natalier Monday 6-8pm Tai Ji / Qi Gong Shifu Kevin The Monday 6-8pm Xing Yi Shifu Chris Fanning

Shaolin / Weapons Friday 6-8pm ShiGong Jason King Tai Ji / Qi Gong Shifu Kevin The Friday 6-8pm

Shifu Chris Fanning Friday 6-8pm Xing Yi Friday 8-9pm **Advanced Class** ShiGong Jason King

10 - 11.30am Shaolin Kids Saturday Session: ShiGong Jason King

## PERSONAL TRAINING / PRIVATE TUITION AVAILABLE

## **Shailer Park**

ShiGong Jason King

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

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.