

LOOK ← NEW → LOOK

**MEN + WOMEN ABSOLUTELY ANY AGE
SPLIT CLASS 11 - 14 YRS & 15 YRS & OVER**

WEEKLY BEGINNERS KUNG FU CLASSES

STARTS SAT 4TH OCTOBER

KIMBERLEY SCHOOL OLD GYM

www.sevenstarmantis.co.uk

- Weapons training
- Body conditioning
- Self defence
- Competitions
- Regular gradings
- Sparting (Optional)**
- Lion dance training
(Demo team available)
- Private tuition
available
- Anti bullying tactics
- Make new friends
- Get fitter, flexible,
Feel stronger
Have fun



1pm - 2.15pm

- *The class will be split into two groups with regard to age*
- *All members when joined are fully insured*
- *Fully qualified black sash instructor with 25 years training*
- *Public liability insurance*
- *CRB checked (Certificate may be seen)*
- *More questions? Feel free to call Andy (Sifu = Teacher) 07737705464*

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