

WING CHUN KUNG FU

Wing Chun is a close quarter fighting technique which uses your opponent's weight against themselves, making it an excellent form of self-defence for both sexes and people of all builds. It incorporates fast punching and low kicks to provide defence against all forms of attack including weapons. It is based on the centre-line theory of simultaneous blocking and attacking, and makes use of time and energy efficient actions such as the 1 inch punch. It is one of the simplest martial arts to master.

Edward Dunn Memorial Hall, Maltby
Wednesdays 7.45 – 9.15pm

**Family Orientated Club –
Everyone Welcome**

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Member of All Style Martial Arts Association and Oriental
Martial Arts Council