## **Dragon Tao Kung Fu**

## Price Reduction for Your Family! Now only \$10 per class (was \$16 per class)

Dragon Tao Kung Fu is a blend of ancient training techniques derived from Kung Fu styles such as Shaolin & Wing Chun. Physical strength, balance, flexibility and endurance are components of our classes as well as self-defense. Your child will also learn techniques designed to focus their minds, attention and emotions through philosophies such as Chinese Qigong, Yoga and Meditation. Basic Mandarin Language will be taught along with cultural information about China in a safe and fun environment. Open to all levels.

No experience necessary. Minimum 10, Maximum 20 **Grades 3-5** | Tuesdays | 3:35-4:35 | Dates: 1/10-5/22 | \$180/18 weeks | Brian Seraiah Wood

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