

Wushu (Kongfu)



Wushu, or Kongfu, was a system of codified practices and traditions of training for combat. Today, it is done for various reasons including combat skills, fitness, self-defence, sport, self-cultivation (meditation), mental discipline, character development and building self-confidence. We will teach Chang Quan (Long Fist style, which is one of Kongfu styles and has a long history particularly in North China. It is characterized by its hand and leg attacks for a long distance and fully extended movements and considered to contain a good balance of hand and foot techniques.

Next course:	Classes Not Currently Available
Beginner:	<u>No experience required</u>
Intermediate:	<u>For those who have done one term of classes before</u>
Cost:	£30
Register:	