Wu Shu (Kongfu)

Wu Shu, 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: 15th October – 10th December 2018

Beginner:

Class currently unavailable this term

Intermediate:

For your information, we have chosen to rearrange the Wushu classes.
1. Monday 13:00 - 14:00 (Great Hall A035)

Cost: £30

Register: Register online