



WHY LEARN

# 雄勝 KUNG FU?

To be different & feel confident, of course

To many people, kung fu is a series of jumping, spinning, high side kicks and hitting only seen in movies. **Really?**

It is so much more than that. Its history and origins date back hundreds of years and through many thousands of practitioners.

Nowadays, it can help build health and fitness, flexibility, confidence, mental fitness, body awareness, helps to reduce stress and make new friends along the way. You will also be following in the footsteps of the many thousands that have trained and still train in this traditional kung fu.

Learn practical self-defense techniques of the **Choy Lee Fut Kung Fu** style in a casual and fun environment at Strathcona Community Centre.

**No jumping, spinning, high side kicking experience necessary.**

STRATHCONA  
**CHOY LEE FUT  
KUNG FU**

Adults and children of all levels are welcome.

info@strathconachoyleafut.com strathconachoyleafut.com

Please note that there is also a subsidy of 25%, 50% or 75% available for those living in the Strathcona area. Please contact the centre if you feel that you qualify.



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