

SELF DEFENCE CLASSES

!!! INTRODUCTORY OFFER !!!

First 6 lessons for £20

- **Sensible self defence**
- **Proven Martial Art**
- **Simple, Direct & Effective**
- **Friendly Supportive environment**
- **Not based on muscular strength or athletic fitness**
- **Can be applied by any Age or Gender. (from 10yrs +)**
- **No Expensive Contracts**

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Visit: www.somersetwingchun.com

Personal Benefits

- Mental and physical relaxation under pressure.
- Improved Co-ordination and Awareness.
- Increased Level of Personal Confidence.
- Enhanced Body Mechanics to operate the body efficiently and effectively.
- Improved Core strength, general fitness and structural conditioning.

We provide an ego free, friendly environment that allows you to physically and mentally relax to achieve your goals.



Wing Chun Kung Fu

