

SHAOLIN KUNG FU

Traditional Chinese Martial Arts

Southern Five Ancestors • Northern Long Fist • Qi Gong



Self defence, self-esteem & self-confidence

Friendly, family-oriented club for 40 yrs

Concentration & coordination

Deep-rooted Shaolin lineage

Health, fitness & stamina

Respectful energy



Classes

Join our classes to train in a fun and respectful environment with experienced DBS-checked instructors

Children (ages 7-14)

Wednesday 7.30-8.30 pm

Friday 6.30-7.30*pm

(*higher grades to 8.00pm)

Adults

Wednesday 7.30-9.00 pm

Thursday 8.30-10.00 pm

Loddon Valley Leisure Centre, Reading, RG6 4GD

Classes run all year including school holidays

VISIT  www.ChenWuKuan.com



Chief Instructor: Raymond Smith, 9th Duan Black Belt

President of the European Wushu Federation and Vice-President of the International Wushu Federation

Chen Wu Kuan, CWK, established 1977 (UK), 2005 (NZ)

Member of the British Council for Chinese Martial Arts and the New Zealand Kung-Fu Wushu Federation

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Shaolin Kung Fu is practiced for self defence, health and fitness
Improves concentration, coordination and confidence



We teach **Traditional Shaolin Kung Fu**, a centuries-old Chinese martial art including **Southern Five Ancestors** and **Northern Long Fist. Qi Gong** (breathing techniques) enhances health and circulation of qi (or chi).

Train in fixed and free sparring, set routines, self defence applications, and development of strength, stamina and flexibility. A combination of cardio, speed and strength training encourages weight loss and increases muscle tone.



CWK Founder and Chief Instructor: Raymond Smith, 9th Degree (Duan) Black Belt

In Ray's wide study of martial arts over the past 50 years, the most influential was the late Grand Master Chee Kim Thong of the Five Ancestors system.

Ray is the President of the European Wushu Federation, Vice-President of the International Wushu Federation, and Co-Founder of the European Wushu Federation Grading System, amongst many others!

We pride ourselves in cultivating a friendly, relaxed and peaceful atmosphere. Students who enjoy their training benefit most from our system of Kung Fu. Suitable for students aged 7+ and adults.

We look forward to meeting you and training with you.

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