



SKILLS & BENEFITS OF WING CHUN

- ★ Focused mind
- ★ Attack & defence skills
- ★ Increase in fitness levels
- ★ Improve your speed & power
- ★ Internal energy & well being
- ★ Postural alignment & health
- ★ Body control, coordination & balance

CLASSES

- ★ Adults - men & women welcome
- ★ Child tuition subject to availability
- ★ Maximum of 12 students per class
- ★ 1 hour duration
- ★ One to one classes available
- ★ Wednesday Evenings
- ★ Saturday & Sunday subject to availability

ADDRESS

The Olney Centre
High Street
MK46 4EF

Zhen Shi_wc 

Zhen Shi Wing Chun 

www.zhen shi wing chun .co .uk