



7 STAR NORTHERN STYLE PRAYING MANTIS KUNG FU

Praying Mantis Kung Fu is a traditional shaolin martial art that has been developed and taught over hundreds of years and is known for its effective combat techniques

The practice of Kung-Fu will develop **Physical Fitness, Confidence** and **Discipline** along with teaching you **Self defence**

Our club was established in 1971 by Grand Master **Kok Seng Michael Lee**

We are an affiliated member of the **(BCCMA)** British Council for Chinese Martial Arts

Come and join us and learn this ancient traditional Chinese martial art

Taught by a team of dedicated **(BCCMA)** approved and fully insured Black Belt instructors

Venue

St Thomas Church Hall
Manchester Road
Longroyd Bridge
Huddersfield
West Yorkshire
HD1 3JA

Training Times

Wednesday nights
7.30pm - 8.30pm
Age 10 upwards

Price

£3.50 under 16s
£4.00 over 16s

FIRST LESSON FREE
FOR FURTHER DETAILS
CONTACT INSTRUCTOR
DARREN ELVIDGE
2nd DEGREE BLACK BELT
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British Council for
Chinese Martial Arts (BCCMA)