

Ilkley Kids Kung Fu

Ages 7 – 11 years

- Learn to find **focus** and **stillness**
- Improve **confidence** and **self respect**
- Improve **fitness**, **coordination** and **flexibility**
- Connect **mind** and **body**
- Find **inner peace**
- Learn **self-defense**
- Learn **conflict resolution**
- **Goal setting** and **patience**
- Learn to **breathe**
- **FUN** through playful exercise


Kids Kung Fu
ENROLL NOW!

www.lishi.org/ilkley

**Mondays
4-5pm**

**Classes start
September 5th**

Email: ilkleytaichi@gmail.com

 www.facebook.com/ilkleytaichi

Tel: 07548 092280



The Old Cornmill, 1st Floor, Railway Road, Ilkley, LS29 8HT

