

# Kungfu Instruction (Richmond Virginia)

Location

Virginia

<https://www.genclassifieds.com/x-381751-z>



Kungfu is an art that builds confidence, and strengthens the mind and body. For the Practitioner of Kungfu there are many aspects of Development.

Some of them are:

Strength Development of Muscles and Tendons

Flexibility Training

Breath control

Self Defense

Weapons Training

Fighting Techniques

Meditation exercises

Chi Gung Exercises

For lessons inquiry please:



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