

# 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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