

# New Year New Challenge - learn Kung Fu



## Location

## East of England, Essex

<https://www.freeadsz.co.uk/x-171508-z>

Do you want to learn Kung Fu and/or Tai Chi? Need to get in to shape? Looking for a good self defense method? Want to socialize or train one on one? If you live in East London, Central London, Essex or Herts we have a club near you or a trainer. Contact me or visit one of the links below -

Now we have a class near you or a private contact us at <http://mizongkungfu.webs.com/> <https://www.facebook.com/Sifulancaster>

<https://www.facebook.com/pages/The-Shaolin-Mizong-Kung-Fu-Information-Site>

A QR code is located in the top left corner of the page. In the bottom right corner, there is a vertical stack of five colored squares (blue, red, green, yellow, orange) with the text 'new book' repeated above them. To the right of the QR code, the title 'Kung Fu' is written vertically.

A QR code is located at the top of the page. Below it, the title 'Kung Fu' is written in red, followed by the subtitle 'New Chinese Kung Fu' in smaller red text. The author's name, 'learn 08-z', is also present. At the bottom, the URL 'https://www.freedadsz.co.uk/x-1715' is provided.

A QR code is positioned at the top of the page. Below it, the title 'New Real New Challenge' is written in a stylized font. The word 'New' appears twice, once in a light blue font and once in a light red font. The words 'Real' and 'Challenge' are in a light blue font. The word 'New' is also repeated in a larger, bold, black font at the bottom right. The page number '08-2' is located at the bottom left.



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A QR code located in the top right corner of the page, which links to the 'New Year New Challenge' section of the website.

  
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A QR code located in the top right corner of the page, which links to the 'New Year New Challenge Kung Fu' section.

A QR code is located on the left side of the page, with the URL and title of the book to its right.

A QR code is located in the top left corner of the page. To its right, the text "New Year New Challenge" is written vertically, followed by "learn kung fu" below it.

A QR code is located in the top right corner of the page, which, when scanned, directs the user to the specific page for the book "The Last Days of the Roman Empire" on the website freeadsz.co.uk.



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