

New Year New Challenge - learn Kung Fu



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-171508-z>

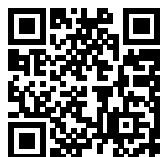


Do you want to learn Kung Fu and/or Tai Chi? Need to get in to shape? Looking for a good self defense method? Want to socialize or train one on one? If you live in East London, Central London, Essex or Herts we have a club near you or a trainer. Contact me or visit one of the links below -
<http://mizongkungfu.webs.com/> <https://www.facebook.com/Sifulancaster>
<https://www.facebook.com/pages/The-Shaolin-Mizong-Kung-Fu-Information-Site>



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