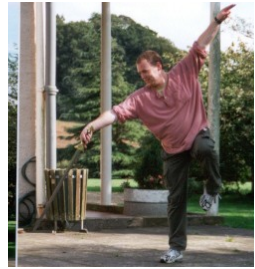


West Country Lam Association



Wu Dan Dragon Sword

Based in Taoism, this is the quintessential sword style of Chinese Martial Arts. The movements resemble a dragon coiling and turning gracefully in the clouds. With practice you will develop strength, flexibility, focus and confidence.



Tony Dove began this art 25 years ago and is offering tuition for the first time. He has 20 years experience teaching other martial arts including Tai Chi and Zhan Zhuang Chi Kung

Beginner's class open to all starts;

8.30-9.30 Tuesday 10th September

14 weeks £100

Bristol Steiner School,

RedHill Rd, BS6 6UX

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