



Palisades Recreation Center
851 Alma Real Drive, Pacific Palisades, CA 90272

SIGN UP @ LAPARKS.ORG
OR CALL 310-454-1412



Kung fu means mastering a difficult task and attaining excellence. In kung fu, we aren't just concerned with improving physical performance, but with mastering life itself. Kung fu involves the development of the complete person.

**BUILD STRENGTH,
SELF-CONFIDENCE, DISCIPLINE,
FOCUS, MOTIVATION.**

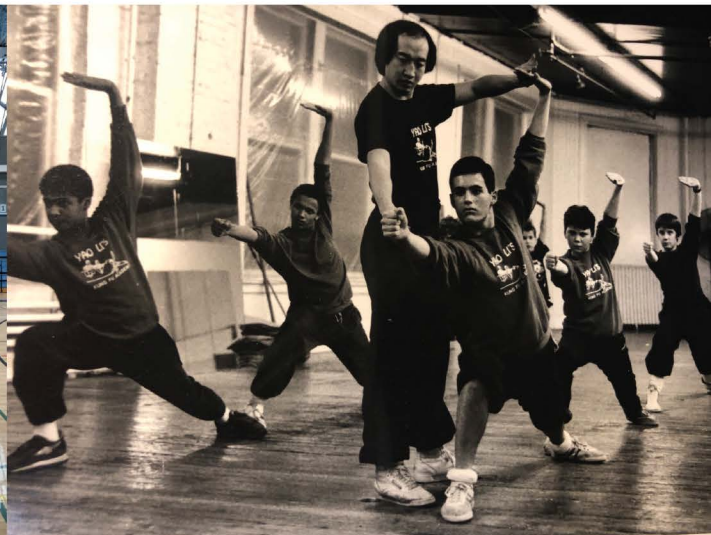
No prior experience necessary.

YEAR-ROUND KUNG FU FOR TEENS & ADULTS

TEENS
AGES 12-17
THURSDAYS, 7:30PM
\$160 (2 MONTHS, 8 SESSIONS)



ADULTS
WEDNESDAYS, 12-1PM
\$60/MONTH (4 SESSIONS)



ABOUT OUR INSTRUCTOR:

Guy Horton began studying kung fu at the age of 13 with Grandmaster Liang Kam Yuen, famous for doing all the choreography and fight coordination for the original Kung Fu TV series and founder of the Tai Mantis Kung Fu Association. Guy also studied and taught at the Boston Kung Fu Tai Chi Institute. For many years, he studied with masters in China and Japan. He has over 35 years of teaching experience.

Questions? Email Guy at palisadestaichi1@gmail.com