

Full Circle Gung Fu

Real Kung Fu, Real World Application

Learning Kung Fu can help you

- *Learn Practical Self Defense Skills
- *Get In Better Shape
- *Build Confidence
- *Improve Self-esteem
- *Improve Balance, Focus, Coordination



**Martial Arts have been providing these benefits for hundreds of years.
Come see what it can do for you!**

Little Mantis

Younger Kids (3-5years old)
Mondays - 6 or 6:30pm

Jr Gung Fu & Gung Fu

Tuesdays - Kids(6-13) 9:30am or **6pm**, Teens/Adults 10:30am or 7pm
Wednesdays - Teens/Adults 6pm
Thursdays - Kids(6-13) 9:30am or **6pm**, Teens/Adults 7pm

Cost

Included in any of our Family plans!

or

Little Mantis (3 - 5 years old) - \$10/month

Student (6 - 20 years old) - \$15/month

Adult (21+ years old) - \$25/month



For more information, please call (336) 993-6226 or e-mail us at flfc@fccministries.com