

Self-Defense

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Our assertiveness training is a core part in our portfolio. It is valuable for handicapped individuals, too. Look and feel classes, especially for girls, can be organized in line with school projects.

healthcare, meditation while moving, continuous extension of physical capabilities, self-experience, self-assertion and self-defense.

The dojo is a place of practice – the internal attitude and the individual posture are related to each other.

The combination of Taiji, Qigong and Kung Fu, supports an inner balance in a natural way.

Qigong Dancing classes and weekly trainings are to be announced in our schedule.