

Kung-Fu

KUNG FU

Kung Fu is part of a very old practice for health and self-defense.

Basic exercises for stability and security, „Tang Lang Chuan“, the prying mantis style with its fast and elegant moves, as well as its practice with a partner, are part of the training. Learning the art of falling down and improving individual strength are also benefits of the exercises. By practicing you will improve your concentration, balance, physical condition and your ability to respond.

Clarity and presence in every moment are basics to live an active life.