

www.five-winds.co.uk

太
极
拳



TAI CHI CHUAN

MEADOW BANK SPORTS STADIUM
EDINBURGH

THURSDAY 7 → 9pm

SATURDAY 12 → 3pm

HAND FORMS
PUSHING HANDS
SELF DEFENSE
WEAPONS FORMS
INTERNAL STRENGTH

beginners welcome

Email ian@fivewinds.co.uk

Call 01383723463

