

Kung Fu

Tuesdays at 7:30 PM

& Saturdays at 8:00 AM



Late Grandmaster Jimmy Woo, legendary Chin Sui Dek

Traditional Kung Fu San Soo
Not a Sport a real world self
defense system with a positive
effect on your body's inner
strength



Si fu Akers Mike Hale

Mike Hale has been training in Martial Arts since 1973

Trained under Hale Hilsabeck and Fred "The Whirlwind" Wren in Chung Do Kwan, also known as "Texas Blood and Guts Karate". Chung Do Kwan is the Traditional Art brought here by Jhoon Rhee.

Trained under Chan Pui, Grandmaster of Wah Lum Kung Fu.

Hand to Hand Combat Instructor, U.S. Army.

First Two Classes Free
Only \$5.00 a class after trial for
members

www.cfnfc.org

Former Florida Kung Fu Champion, Heavyweight Division, Full Contact Fighting.

Numerous Full Contact Bouts.

Currently Senior Disciple of Master Tom Akers, first generation student of the legendary Chin Sui Dek

Community Fun & Fitness Center

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