



HAND FORM



WEAPONS FORMS



SPEAR

SABRE

SWORD



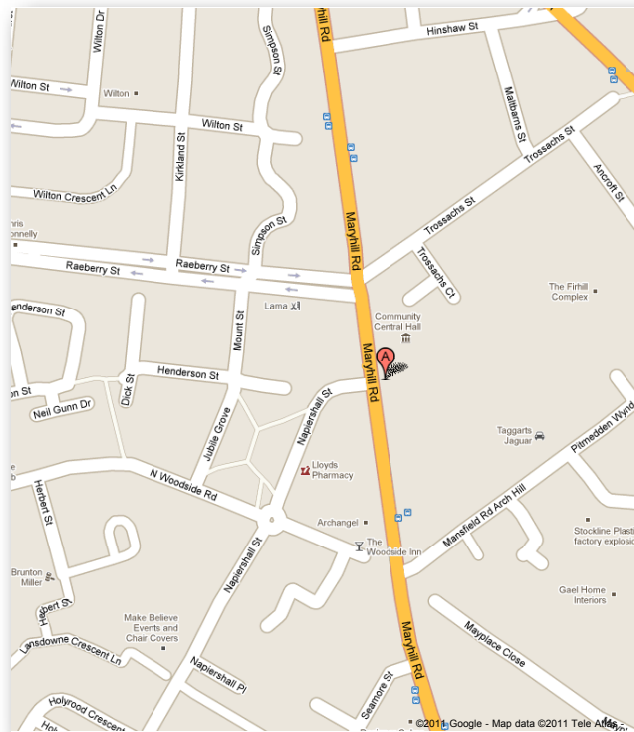
PUSHING HANDS

SELF DEFENSE



NEI KUNG

**CLASS
THURSDAY
7.30 PM - 9.30PM**



Community Central Hall

304 Maryhill Rd,
Glasgow G20 7YE
0141 331 7676



**FIVE WINDS
TAI CHI
CHUAN
GLASGOW**

since 1985





FIVE WINDS TAI CHI CHUAN GLASGOW

Glasgow Class

THE CLASS IN GLASGOW'S WEST
END WAS INSTIGATED BY SIFU IAN
CAMERON AROUND 1985, AND IS
NOW TAUGHT BY STEPHEN
DOUGLAS

The Five Winds School of Tai
Chi Chuan practices

Wu Cheng style

Fully integrated martial arts
training

CONTACT DETAILS

www.fivewindsglasgow.co.uk

s.douglas@ntlworld.com

Beginners welcome



STEPHEN DOUGLAS

HAS BEEN PRACTICING TAI CHI
SINCE 1985, HAS BEEN A
QUALIFIED INSTRUCTOR IN THE
FIVE WINDS SCHOOL SINCE 1993
AND SENIOR INSTRUCTOR SINCE
2007

