

## ***Youth & Kids Development***

### **Interest Classes**

#### **Chinese Kung Fu**

Today, Chinese Kung Fu is still used as a tool to improve personal character, physical fitness and combat stress, not only in China but also in other parts of the world. SuperKid Chinese Kung Fu courses are designed for those who wish to pursue a better way of life through the cultivation of the mind, body and spirit, as well as the avoidance of conflict, to enhance the sense of self-perseverance.

