



Beginners welcome!

Affiliated with the Tse Qigong Centre, Sifu Nick Vessey is now holding classes in the Grimsby and Cleethorpes area teaching traditional Chinese martial arts and health skills; Wing Chun, Dayan Qigong and Chun Yuen Quan.



大鴈氣功

Dayan (Wild Goose) Qigong

Qigong is a Chinese health exercise made up of gentle movements that connect with the acupuncture points and meridians of our body. The word Qigong literally means “energy work”. Using relaxation and breathing along with these special movements, we have Qigong.

詠春拳

Wing Chun

Wing Chun is a martial art that originated over 400 years ago in the Southern Shaolin Temple. It is a clever martial art in that it relies on sensitivity, footwork and speed to outwit an opponent, rather than using strength to try and control and beat them. That is why Wing Chun is ideal for the smaller person or women as you do not need to be strong and powerful to win.



俊元拳

Chun Yuen Quan

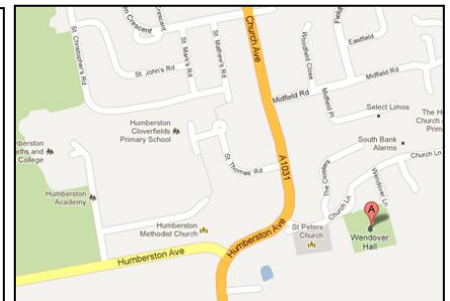
Chun Yuen Quan is a skill that originated from Northern Shaolin and then passed down through the Beijing Opera. The forms have retained more of their martial qualities than modern Wushu and have more intricate weapon forms such as the long tasselled sword and long flag Dao. Chun Yuen Quan is very good for health and will make the body light and flexible.

Where:

Wendover Hall, Church Lane, Humberston, Grimsby, DN36 4HZ

When:

Sundays: 6.30pm – 7.30pm Dayan Qigong and Chun Yuen Quan
Sundays: 7.30pm – 8.30pm Wing Chun Kung Fu



Please visit my website for more details of what you can expect to learn in class and for further information on these traditional Chinese martial arts and health skills

Contact:

Sifu Nick Vessey

Telephone: 07803 587833

Email: enquiries@enveemartialarts.co.uk

Website: www.enveemartialarts.co.uk

