Come learn Kung Fu To’A

Kung Fu To’a is a modern Iranian martial art, a unique style of Kung Fu with Yoga influences focused on a healthier mind and body. To’a training essentially depends on mastering combative forms (khat), with particular emphasis on physical and mental health and meditation practices. Dynamic wavelike movements and strong accentuation of techniques (called shock).

Mondays: 6:30—7:30 pm
Ages: 7—15
Fee: $10 per session

SESSION 1: APRIL 6—MAY 23
SESSION 2: MAY 18—JUNE 27
Registration begins March 2nd
Registration is available Mon. to Sat. from 10 am—9 pm.