

**TRY CHAIR-KUNG FOR
TENSION RELEASE AND
REVITALIZATION!**

Office Chair-Kung is a set of simple and effective movements designed to relax and rejuvenate the body, and increase circulation and attentiveness. Equally effective sitting or standing, the movements were adapted from Chi Kung practiced for centuries in China.



SouthSoundKungFu@gmail.com

South Sound Kung Fu offers workshops in topics related to self-defense, Hung Style Kung Fu, Yang Style T'ai Chi and Chi Kung for healing and wellness.



*Host a Kung Fu Panda
Birthday Party!!*

Seifu John teaches the 8-Animal forms from the Kung Fu Panda movie! Kids can have fun and learn practical self-defense movements from authentic animal fist kung fu!

South Sound Kung Fu!

**SOUTH SOUND
KUNG FU**

**KUNG FU
T'AI CHI
CHI KUNG
SELF-DEFENSE**



SEIFU JOHN GLENN

**360-464-8565
SOUTHSOUNDKUNGFU
@GMAIL.COM**

**INSTRUCTION FOR ALL AGES IN
CHINESE MARTIAL ARTS AND HEALTH
AND WELLNESS EXERCISE.**

Group Instruction

Individual Instruction

Workshops

Birthday Parties

Workshop Topics:

Office Chair-Kung: Relaxation, tension reduction and revitalization through simple movements and intentional breathing.

Mind, Body, Spirit Chi Kung: Ancient Chi Kung for healing and energy integration.

Roaring Stream Chi Kung: Combined traditional Yang Family Chi Kung set.



John Glenn is a certified teacher in the arts of Kung Fu and T'ai Chi Ch'uan with many years experience teaching martial and relaxation arts. John has a Masters Degree in Teaching and is a Washington State Professionally Certified Educator.

Taoist 5 Organ Chi Kung

8 Energies T'ai Chi Chi Kung

18 Lo Han Shaolin Chi Kung

Yang Style T'ai Chi Ch'uan

Yang Style T'ai Chi Sabre

5 Animal Kung Fu

8 Animal Kung Fu Panda

Self Defense Against Grabs

Self Defense for Women

18 Seizing Hands Chin Na

And More....

Call or email to inquire
which is best for you!

360-464-8565