

In spirit, fearless & ferocious like a tiger.
In ideology, noble & courteous as with all true martial arts.
In philosophy, a strong mind stems from physical training.



PAK MEI

WHITE EYEBROW

KUNG FU

Every movement is motivated by combining breathing technique with the "six gong".
Using teeth, neck, shoulders, waist, arms & legs to produce fearsome power
both internally & externally.

Authentic Pak Mei Kung Fu & Traditional Chinese Lion Dance

Classes held in central London on:

Tuesday: 7:30pm - 9:00pm (19:30 - 21:00) - All levels

Thursday: 7:30pm - 9:00pm (19:30 - 21:00) - Intermediate / advanced level

Sunday: 2:30pm - 4:30pm (14:30 - 16:30) - All levels

4:30pm - 5:30pm (16:30 - 17:30) - General lion dance

Dave Stevens (7th Generation Pak Mei Sifu)

Mob: +44 (0) 7956 924 459 Email: dave.stevens@pakmei.demon.co.uk

www.pakmei-uk.com