

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)**

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