

Southern-Fist Kungfu

10 in-person Tutorials

Provided by

Chinese Association
of Southampton

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The fee is £10 per person.

Places are limited. Registration and
payment details are available at:

<https://www.eventbrite.com/e/417701365027>

Dates: Wednesdays (28/9, 5/10, 12/10, 19/10,
26/10, 2/11, 9/11, 16/11, 23/11, 30/11)

Time: 6:30pm-7:30pm

at Cantell School Gym, Violet Rd
Southampton SO16 3GJ

Tutor: Prof Michael Ng

Nanquan (南拳) or Southern-Fist refers to a classification of Chinese martial arts that originated from the south of the Yangtze River in China.

The southern styles of Chinese martial arts are characterized by emphasis on short hitting and specific arm movements. It involves vigorous and athletic movements with very stable and low stances, together with extensive hand techniques and vocal shouting.



Power is driven from sharp waist movements with special emphasis on fast stance transition to generate power and speed in the arms.

In this class, we aim to improve the flexibility and strength of participants, while learning one of the Southern-Fist sequences.



Chinese Association
of Southampton

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