

# Chan's Martial Arts

## Sydney Branch



Learn to defend yourself with  
biomechanically sound techniques  
based on time tested principles  
Build your confidence  
Train in a relaxing environment to  
improve your co-ordination,  
concentration, temperament and health



**Mon 7pm – 8.30pm**

Ultimo Uniting Church

**Wed 7.30 – 8.30pm**

Harris Community Centre

**Chief Instructor Kung Fu: Dr Linus Lim**

**0451 675 388**

[chans-sydney@hotmail.com](mailto:chans-sydney@hotmail.com)

[www.chansmartialarts.info](http://www.chansmartialarts.info)

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# Sing Ong Tai Chi

Ultimo Branch



Balance with nature

**Mon 6 – 7pm**

Ultimo Uniting Church

*Cnr Quarry St & Bulwara Rd*

*(Entry is via Quarry St)*

**Wed 6pm– 7.30pm**

Harris Community Centre

*(Entrance Bulwara Rd)*

**0401 585 515**

Tai Chi Instructor **Helen Haigh**

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