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THREE FAMILY FIST KUNG FU TRAINING EQUIPMENT

Dear parent,

Your child has now reached the grade that requires a Gwan (Long Stick).

These are essential for the practice of movements as well as your child's competence, spacial awareness and safety with this particular training equipment.

These are available to purchase from your Sifu, priced at £25.00 each.

Rest assured, all training equipment is tried and tested prior to sale for safety and durability. Therefore only Gwans supplied by Three Family Fist are to be used in class for health and safety reasons.

For full club details visit: www.ThreeFamilyFist.com



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