

# Tallahassee Chinese Martial Arts Center

## 中国武术馆



[ChineseMartialArtsCenter.com](http://ChineseMartialArtsCenter.com)

Tallahassee Chinese Martial Arts Center provides traditional Chinese Wushu/KungFu training to people of all ages in order to improve health.

Training provided:

Internal Forms:	Xingyi, Ba Gua Zhang, Taiji Quan, Taiji Shan.
External Forms:	Chang Quan(Long Form), Hua Quan, Cha Quan, Shaolin Kung Fu, Nan Quan/South Style.
Weapons:	Sword/Jian, Bruce Lee's two-section cudgel(Liangjie Gun), Dao.
Free Fighting:	San Shou/Free Hand Fighting, Self Defense.



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