

Chinese-Indonesian Martial Arts Club

This club offers instruction in Liu Seong Gung Fu, which combines gungfu and pentjak silat into an efficient art with both empty hand and weapon training. Instruction focuses on each individual, and does not use “one-size-fits-all” training methods.



The head instructor, Erik Harris, began studying martial arts in 1986, and Liu Seong Gung Fu in 1990. For more information about the system and the class, please visit www.kungfu-silat.com, or contact Erik at erik@kungfu-silat.com.

Classes are held in the Lee District RECenter, 6601 Telegraph Rd. To enroll, call 703-222-4664 or visit ParkTakes On-Line at www.fairfaxcounty.gov/parks/parktakes

Enrollment in this class is quarterly, under the name “Kung Fu/Silat.” Students are welcome to come by at any time. Class times are:

Saturday, 11AM-12:25PM

Tuesday, 6PM-7:25PM

Saturday and Tuesday are enrolled separately. Each quarter has an early enrollment period when classes are discounted \$8 each.



Classes are limited to 15 students, ages 13 and up.

