

Chinese Kung Fu & Indonesian Silat

The Chinese-Indonesian Martial Arts Club offers instruction in Liu Seong Gung Fu, a combined gungfu and pentjak silat system with both empty hand and weapons training. Instruction is tailored and individualized, and practicing will help with flexibility, fitness, balance, and confidence, while providing valuable self-defense skills.

Head instructor Erik Harris began studying martial arts in 1984 and has been teaching in Northern VA since 2003. To learn more, visit <https://www.kungfu-silat.com/> or contact Erik at erik@kungfu-silat.com.

Classes are held at
Franconia Rec Center
6601 Telegraph Rd, Franconia
and
South Run Rec Center
7550 Reservation Dr, Springfield
To enroll, call 703-222-4664, or visit ParkTakes on-line at www.fairfaxcounty.gov/parks/parktakes



Enrollment is quarterly, and visitors are welcome in any class.

Saturday, 11AM-12:25PM (Franconia)

Thursday, 7:00-8:25PM (South Run)

The class is listed as "Indonesian Kung Fu" in the ParkTakes system.

Saturday and Thursday are enrolled separately. Classes are limited in size, and for ages 13 and up.

