

Martial Arts

Age Requirements

5-22

,

18 and over

Available 24/7

No

Family

No

Intake Contact Email

info@jowgakungfu.com

Intake Process

Call for information about classes and class times

Provider Refer

Yes

Self Refer

Yes

Jow Ga Kung Fu

<http://www.jowgakungfu.com/>

Main

(757) 463-8888

402 Davis Street, Suite 102

23462 VA

United States

Monday: 12:00 pm-8:00 pm

Tuesday: 12:00 pm-8:00 pm

Wednesday: 12:00 pm-8:00 pm

Thursday: 12:00 pm-8:00 pm

Friday: 12:00 pm-8:00 pm

Saturday: 10:00 am-5:00 pm

Sunday: Closed

Fee Structure

Membership Fee

Payment Method(s)

Credit / Debit

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Private Pay

Languages Spoken

English

Jow Ga Kung Fu offers classes with modern techniques combined with traditional teaching methods and training for an enjoyable yet challenging experience. The student will receive personalized attention and be allowed to progress at their own rate.

Training consists of Stretching and body conditioning exercises, Practical self-defense techniques, Open hand, and weapon forms, Sparring, Kicking techniques, History and Philosophy of the system.

Martial Art training is used to encourage discipline, self-confidence, self-control, empathy, and the willingness to work with others.

Call for class schedule and fees.

Service Area(s)

Virginia Beach City

Email

info@jowgakungfu.com