



# 恆宇仁龍拳

Heng Yue Yen Long Kwon (Modern Chinese Martial Art)



恆宇仁龍拳是一種現代中國武術。它是以傳統中國功夫為基礎，結合所有武術中最優秀的理論而成的現代，實用，高效的技術。

恆宇仁龍拳是一種完善的武術，能夠將腳法和拳法與武器，自衛術以至太極拳融合。它著重於技術範疇和簡潔的招式。

這種形式的功夫適合3至77歲的身心發展，因此恆宇仁龍拳是為所有人而設的。



**Heng Yue Yen Long Kwon (hyylk)** is a modern Chinese martial art.

Based on traditional Chinese kung fu, this art is synthesizing the best principles from all martial arts to propose modern, practical and efficient techniques.

Heng Yue Yen Long Kwon is a complete martial art where traditional kick and punch techniques are explained together with Taiqi, self-defense and weapon techniques.

It focuses on technique and accessibility. This form of kung fu can be practiced by all ages from 3 to 77 years to develop physical and spiritual faculties, hence a martial art for everybody.

Time: Every Sunday  
5:30pm – 6:30pm

時間：逢星期日  
下午5時30分至6時30分

Venue: 2/F Studio

地點：二樓活動室

Fee: \$150 per Class

費用：\$150/每堂

**For enquiries and registration, please contact the Sports Desk on 2657 8292**

**如需查詢及報名，請致電2657 8292與康樂部職員聯絡**