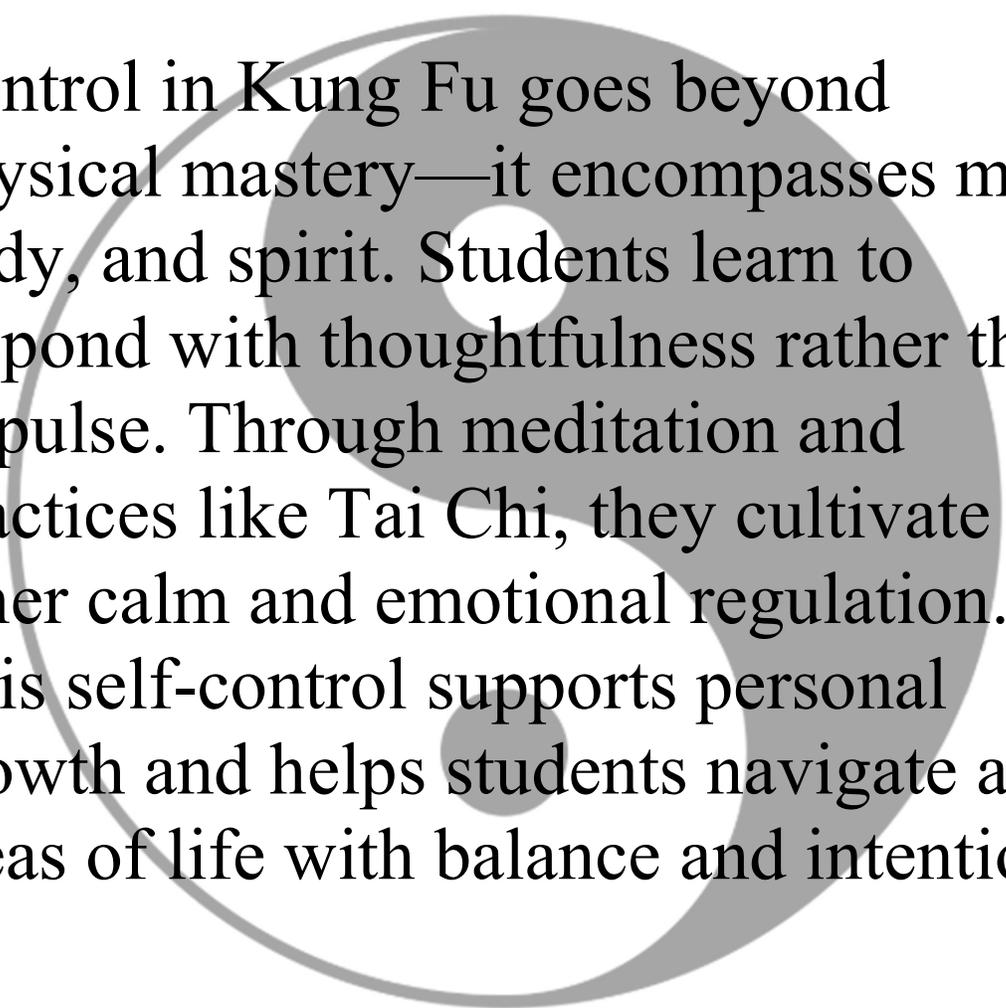


Control



Control in Kung Fu goes beyond physical mastery—it encompasses mind, body, and spirit. Students learn to respond with thoughtfulness rather than impulse. Through meditation and practices like Tai Chi, they cultivate inner calm and emotional regulation. This self-control supports personal growth and helps students navigate all areas of life with balance and intention.