

# Terms & Conditions

**Last Updated: May 17, 2025**

Welcome to Nangfang Quantou. By accessing our website or enrolling in our martial arts courses, you agree to these Terms & Conditions. Please read carefully.

## 1. Services

Nangfang Quantou offers martial arts training, including in-person and online courses, blending Bamboo Forest Mantis, strategic targeting, and holistic practices. Course access requires payment and compliance with our policies.

## 2. User Conduct

You agree to use our services respectfully, avoiding misuse of content, harassment, or unauthorized sharing of course materials. We reserve the right to suspend access for violations.

## 3. Payments & Refunds

Course fees are outlined at registration. Refunds are available within 14 days of purchase, provided no more than 10% of the course content is accessed. Contact us for details.

## 4. Intellectual Property

All course materials, including videos, texts, and logos, are owned by Nangfang Quantou. Unauthorized reproduction or distribution is prohibited.

## 5. Liability

Nangfang Quantou is not liable for injuries or damages from practicing techniques. Consult a physician before starting. Use our services at your own risk.

## 6. Changes to Terms

We may update these terms. Continued use after changes constitutes acceptance. Check this page regularly.

## 7. Governing Law

These terms are governed by English law. Disputes will be resolved in UK courts.

**Contact:** Email us at [info@nangfangquantou.com](mailto:info@nangfangquantou.com) with questions.