

Are you interested in improving your child's health, fitness and flexibility while training in a fun, friendly and safe environment? Or perhaps you are looking for a simple and effective self defence system suitable for your child. Then Traditional Wing Chun Kung Fu may be the activity you are looking for.....

Q: What is Traditional Wing Chun?

A: Traditional Wing Chun is a southern fist Chinese boxing martial art developed by a Buddhist nun and made popular by Bruce Lee. Traditional Wing Chun uses scientifically tested and proven drills and techniques based on human movement. It is one of the most sought after and popularly practiced self defence systems to emerge from China in the 21st Century. It is perfectly suited to children and people of smaller stature as it does not place emphasis on size, strength or athletic ability.

Q: What will my child learn?

A: The main focus is teaching children to be safe and how to protect themselves while having fun. This is achieved through the teaching of Traditional Wing Chun Kung Fu, which will improve children's self discipline, respect and self confidence. Stranger Danger and Danger Awareness are also components of our Kung Fu 4 Kids Program. Our motto "Think the right thing, say the right thing & do the right thing".

Q: Will training in Traditional Wing Chun help my child be healthy and get fit?

A: Yes, Traditional Wing Chun training is a whole body and conditioning exercise program utilising ancient Eastern training methodologies with Western sports science. It is a low to moderately intense program and with regular participation can assist in improving and maintaining a healthy body as well as improving aerobic and anaerobic fitness. Our program also improves coordination, reflexes, flexibility and strength which will assist with other sports.

Q: Is Traditional Wing Chun training suitable for all ages?

A: Yes, our current program is tailor made to address teaching children from the age of 6 through to 12 years of age. Students practice and progress at their own pace. We also have separate adult classes from ages 12 and up.

Q: Will my child get hurt training in Traditional Wing Chun?

A: No, our lessons are professionally supervised by qualified male and female Traditional Wing Chun instructors. While some of our activities require partner training, all activities are controlled and conducted in a supervised and safe environment. However, it is 'martial art' training and not 'ballet'.

Q: What's the difference between Traditional Wing Chun and other martial arts?

A: Firstly, Traditional Wing Chun is the only martial art system to be developed by a woman. It is one of the only systems to use scientific principles such as: simultaneous intercept/deflect and strike, offline and blindside positioning, Chi Sao, acupressure striking to vulnerable areas and not fighting force with force. These principles have all been tested on the mat and on the street, and have stood the test of time for over 500 years.

Q: How much does Traditional Wing Chun cost?

A: \$15 per class with discounts available for two or more children. Lessons are conducted in our purpose built training facility located at the Kingborough Sports Centre, Level 4 - Martial Arts Area during Government School Terms. Tuition fees can be paid casually at the commencement of each lesson or upfront for the term. Annual membership fee is \$30 per child. Parents can join in and help their children learn for FREE!

Q: How does my child get started?

A: Firstly, we would like you to contact us by phone or email to arrange your visit and free introductory lesson at our training centre. From here, we will explain and answer any questions or concerns that you may have. On completion of the first lesson you then have the opportunity for your child to join the Kung Fu 4 Kids Program and commence their learning in Traditional Wing Chun Kung Fu.

For further information or to arrange booking your child's trial lesson please call Leigh on **0429 107 108**

or email taswingchun@hotmail.com

www.wingchun Tasmania.com

Kingborough Sports Centre
Tuesday & Wednesday 5:00 to 5:45pm



Be
Safe
Have
Fun

Kung Fu 4 Kids

See over for details

Traditional Wing Chun Kung Fu

