

My Son and I have been attending the Brisbane Combat Centre for a little over a month where we have been studying the Wing Chun style of Kung Fu.

Over this period I have been impressed with the level of instructions and Sifus (Head Instructor) commitment to comradeship, this has been apparent by the assistance given to my son and I by our fellow students of all levels.

For myself I have already seen results with my physical conditioning and health and for my son his confidence and self esteem has grown with each training session.

Although I have not studied the style for a long period I can compare it to my sons former training of 2 years with a well known Karate system and I can see how the techniques I have learnt would and could work for us even against my sons previous style of martial arts.

Stewart and Ben

Teviot Downs