



Are you interested in improving your health, fitness & flexibility while training in a Fun, Friendly & safe environment? Then the ancient discipline of Wing Chun Kung Fu training combined with a modern approach to Western Sports Science & fitness may be the activity you are looking for! . . .

**Q/ What is Wing Chun?**

**A/** Wing Chun is a Southern fist Chinese Boxing martial art developed by a Buddhist Nun & made popular by Bruce Lee. Wing Chun uses scientifically tested & proven drills & techniques based on human movement. It is one of the most sought after & popularly practiced self-defence systems to emerge from China in the 21st Century.

**Q/ Will training in Wing Chun help me to lose weight?**

**A/** Yes, Wing Chun training is a whole body & conditioning exercise program utilizing ancient Eastern training methodologies with Western Sports science. It is a low to moderately intense program & with regular participation can assist in improving & maintaining weight loss as well as improving your aerobic & anaerobic fitness.

**Q/ Is Wing Chun a religion?**

**A/** No, Wing Chun is a martial art based on logic & human movement. It's members come from all denominations & ethnic backgrounds to learn the devastating techniques of this highly effective self-defence system.

**Q/ Is Wing Chun training suitable for all ages?**

**A/** Yes, our current curriculum is tailor made to address teaching students from the age of 10 through to 86 years of age. Students practice & progress at their own pace.

**Q/ Do I need to be fit & flexible before undertaking the Wing Chun training program?**

**A/** No, our training program & curriculum are tailor made for each member to progress at a comfortable pace & to enjoy the benefits uniquely associated with our Wing Chun syllabus.

**Q/ Will I get hurt training in Wing Chun?**

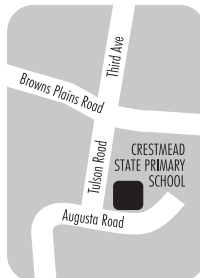
**A/** No, our Classes are professionally supervised by qualified Martial Arts Sports Coaches in the area of health & fitness. While some of our activities require partner training, all activities are controlled & conducted in a supervised & safe environment. However, it is 'martial art' training & not 'ballet'. Students can choose to train as hard or as soft as they like with a complying training partner.

**Q/ What's the difference between Wing Chun & other martial arts?**

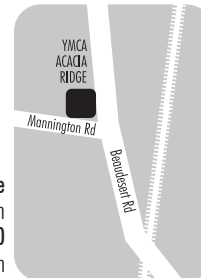
**A/** For a martial art to be effective it must transcend all limitations (height, age, sex, weight). Wing Chun is the only martial art system to truly embody these traits. Wing Chun uses scientific principles such as: Simultaneous Intercept / Deflect & strike, Offline / Blindside positioning, Chi Sao / Sticky hands clinching & grappling drills, Accupressure Striking to vulnerable areas, Iron Palm hand, forearm & shin conditioning, & Not fighting force with force . . . to name a few strategies. These principle have all been tested on the mat & on the street & have stood the test of time for over 500 years.

**Q/ How do I get started?**

**A/** Firstly, we would like you to visit our training center where you can view our facilities & meet our instructors. From here, we will explain & answer any questions or concerns that you may have & design a training routine that best suits your lifestyle. You will book yourself into 2 free introductory lessons, no obligation, & from here we will discuss & decide which tuition package best suits your schedule. Once you have become a member to our Worldwide organization, you will be able to attend any training sessions, without a booking, that best suit you.



**Classes at Logan West Community and Crestmead Primary**  
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**Classes at YMCA Acacia Ridge**  
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