



TAO ZEN WING CHUN

Kung Fu Classes

7.30 pm - 9.00 pm

Starting May, 2006

Mondays & Wednesdays

FLYNN'S BEACH SURF CLUB

TAO ZEN WING CHUN

is a simple, direct and
efficient martial art, that
has incorporated Tai Chi Principles
to create an effective self-defence that
also enhances health, relaxation and wellbeing.

University Accredited Course
Government Accredited Instructor

www.1internalmartialarts.com

Contact DUSTIN on (0425) 314 902

TAO ZEN WING CHUN KUNG FU CLASSES

Dustin Leaney.

Govt. Accredited Instructor

- Learn the style that made Bruce Lee famous
- Practice a soft internal self defence with a high impact.
- Gain a solid stance through an aligned body structure.
- Build the lightning speed and efficiency of sticky hands.
- Close range self defence without full contact sparring.
- Learn the spectacular wooden dummy training.
- Learn about developing internal power,
- Participate in the Taoist Chi Kung breathing exercises.
- Discover the Yin and Yang of Energy and Movement.
- Learn about projecting internal energy with mind intention
- Realise the possibility of remaining calm & relaxed in the most stressful situations.
- Discover the 'Little Ideas' behind the Sil Lim Tao Form, and Wing Chun Techniques
- Achieve a University Degree in Martial Arts.
(in Association with ICL Distance Learning Centre)

7.30 - 9.00 pm,

Starting in May, 2006

**On Mondays & Wednesdays,
AT FLYNN'S BEACH, SURF CLUB**

(excepting public holidays & school holidays)

