



WING CHUN KUEN CLASS

Wing Chun Kuen is the method which teaches the practitioner to understand motion according to human body structure and its mechanics in a most logical, efficient and therefore practical way. Based on this study of movement, it becomes clear that the benefits of training Wing Chun Kuen are not just about becoming proficient in a martial sense, but at the same time to learn how to use one's body in everyday life in a most economical and thus energy-conserving way. Wing Chun Kuen was Bruce Lee's first martial art he learned from Yip Man. (see photo below of Bruce Lee and Yip Man)

SOME OF THE SYSTEM'S CHARACTERISTICS ARE:

- Science of combat
- Methodical approach to dealing with aggression
- Economy of motion
- Simultaneous defense and attack
- Realistic self-defense
- Using attacker's own energy to overcome and defeat him
- Rich in its philosophy and theory which are not limited and therefore also applicable to everyday life
- A treasure which will never leave you

*Program is instructed by Timmy Lee, a certified Wing Chun Gung Fu Instructor under Augustine Fong and 5th Degree Black Belt under George Dillman.

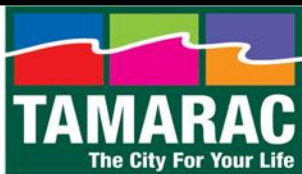
Ongoing Monthly Sessions

When:
Mon. & Wed.
6:30p.m.-8:00p.m.

Where:
Tamarac Recreation Center
7501 N. University Dr.

Cost: \$75 per month
Non-Residents add \$10

Ages: 10-older



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