



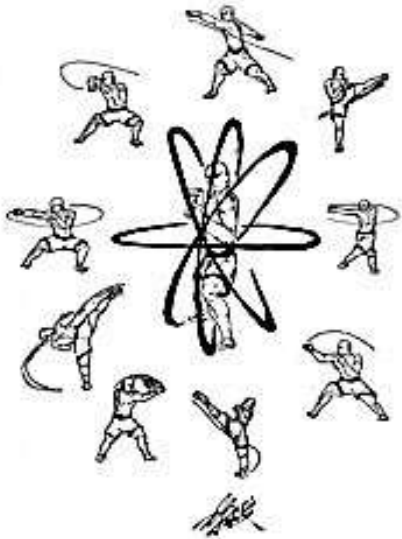
KUNG FU CHOY LEE FUT

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Intensive Summer program For teenager

This training will include :

- Bagua hands
- 10 basic kicks and more...
- Shaolin weapons training (pole, saber, spear, sword, gwan do, fan ...)
- Shaolin wooden dummy
- Fist forms with and without partner
- Fighting theory
- Kum La (joint lock)
- Lion dance
- Chi-Kung (Breathing and concentration techniques)



This will be an intensive training session designed to help increase fitness, knowledge and ability with the primary level of Choy Lee Fut Kung Fu training.

- *Self-esteem and confidence*
- *Respect of others*
- *Discipline*

Schedule: *From July the 5th to August 13th
Monday to Thursday from 1:00 pm to 4:00 pm*

**The cost will be \$ 360 for registrations made by May 15, 2010
\$ 390 for registrations made after May 15, 2010**

***This program will entitle the student to attend the Kung Fu classes
on Saturdays from 12:30 to 13:30
from June 15, 2010 to September 15, 2010!***

Chan Family Choy Lee Fut Kung Fu Center

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