

## Who Trains in Wing Chun?

Well, the most famous person of all in the United States was Bruce Lee. He was considered a very formidable fighter and one of the greatest martial artists ever. Bruce Lee's Wing Chun teacher was Ip (Yip) Man. Ip Man and Jiu Wan were close friends. Together, they spread the seeds of Wing Chun throughout the world.

Wing Chun is extremely well known in many of the major metropolitan areas of the U.S., such as New York, Chicago, Los Angeles, San Francisco, etc. It is also one of the most popular martial arts styles in China, the United Kingdom, Germany and Australia.

The reason it is so popular, is because it works! Walk into any Wing Chun school and you will find other students from other styles. When asked, they all say that their styles were missing something.

Since the essence of Wing Chun is technique and not strength, it is a martial art that can be practiced well into the later years of your life.

## Authentic Wing Chun Kung Fu



詠春拳

### Academy of Authentic Wing Chun Kung Fu

South Florida Wing Chun Kung Fu Academy  
4577 North University Drive  
Lauderhill, Florida 33351  
954-741-3373

## What is Wing Chun Kung Fu

Wing Chun Kung Fu is a Chinese martial art, and like most arts from that region of the world, is very healthy for the mind and body. Wing Chun is perfect for anyone who is considering martial arts training because the movements are simple and do not require the practitioner to become a gymnast in order to perform the techniques. The movements are fluid and flexible with an emphasis placed on the development of "soft", relaxed power and using the opponents force against them. Kicks are directed mainly below the waist, and hand techniques are fast and furious. The close range fighting ability is developed by a unique exercise called "Chi-Sao" or "Sticky Hands". Chi-Sao training teaches the student to use the sense of touch and feeling to deal with an opponent's force without fighting. The student becomes a fighter by gaining experience through sparring. Wing Chun is a system that creates the attributes of a fighter by changing the mind and body. The Wing Chun attributes are developed through Chi-Sao, forms and technique training. This allows the student to quickly respond and develop a "style" or "system" of fighting that is unique to his or her personality and body type. It takes time and training to learn to relax as well as focus your mind. The close range combat principles are considered one of the most effective self defense systems ever developed!

## About the School

South Florida Wing Chun Kung Fu Academy offers both private and group instruction in "Authentic" Wing Chun Kung Fu, whose lineage stems from both Ip Man and Jiu Wan. This means we teach the original style the way it was meant to be taught and then teach you how to apply it for self defense in today's quickly changing environment.

The Academy is here for our students. We want all of the students to train in every class. Limiting the class time, as far as we are concerned, is nothing more than stretching the material over time.

South Florida Wing Chun Kung Fu Academy is here to help you to improve your reactionary motor skills, to strengthen your mind and body and to teach you how to relax the mind and to use only the muscles necessary for that skill by using the amazing system of Wing Chun Kung Fu.

There are no contracts. The students we have are students that want to be here. We don't want you to come in because a piece of paper is threatening your credit history. We only want serious students, because that is what builds a good strong school.

The system is broken down into eight levels. This is not a belt system where you have to pay for each test to get into the next level. Once you get it, you move on.

## Hours of Operation

Monday through Wednesday and Saturday classes consist of thirty minutes of Kung Fu exercises to strengthen your body and cardio system. The next two hours are spent on the training of the Wing Chun system.

Sunday is an open class where the students get to train in whatever they want within their level.

### Teenage/Adult Classes

Weekdays 7pm - 9:30pm  
Weekends 12pm - 2:30pm

**CLOSED ON**

**THURSDAYS, FRIDAYS AND HOLIDAYS**



[www.wingchunacademy.us](http://www.wingchunacademy.us)

Copyright © 2004 South Florida Wing Chun Kung Fu Academy, Inc.