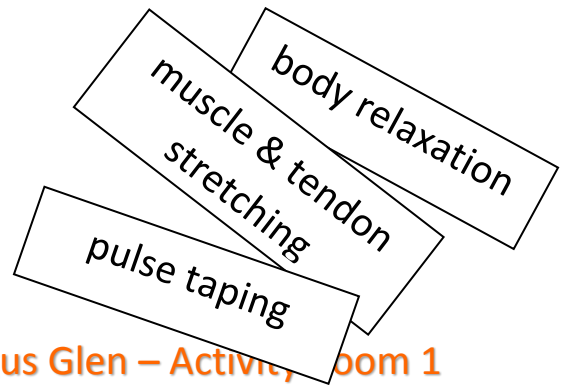
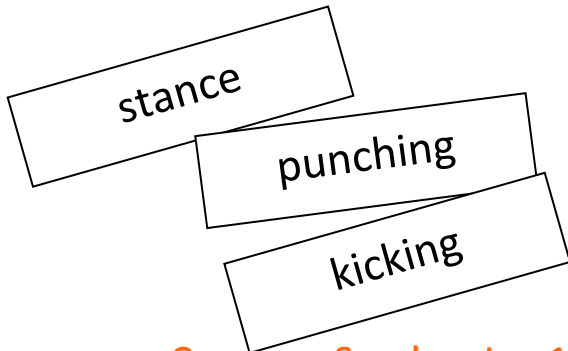


Martial Arts & Wellness

Martial Arts Skills →

When applied
to forms of
Tai Chi
and
Wing Chun

→ Wellness Exercise



Come on Sunday, Jan 15, 2017 to Angus Glen – Activity Room 1

(Bring in a non-perishable food item for donation to Markham Food bank)

Experience a “WUSHU” workshop from 2 to 4 pm

to see how stretching, pulse stimulation (拉筋拍打), breathing, balancing, and basic martial arts movements can help our mind, body, and soul.

The demonstrator, Mr. Danny Sham, had been teaching a mix of Tai Kwon Do and Wing Chun for many years, and was the light weight champion of the 1980 Toronto Martial Arts sparring competition. He is also experienced with Aikido, Ken Do and Tai Chi. The workshop is suitable for both men and women. A faster pace of 24 steps Tai Chi form with power practice will also be introduced. The thought of using a new defence weapon, cane, which is a mixture of Wing Chun 六点半棍 and Ken Do 剑道 will certainly be entertaining.



Tai Kwon Do 跆拳道, Wing Chun 詠春, Aikido (合氣道), Ken Do (劍道), Tai Chi (太極)