



*A special
seminar by Si-Fu
Tansel Ersavas*

LIVING AND PROTECTING YOURSELF IN MODERN TIMES USING WING CHUN PRINCIPLES

OPEN TO BEGINNERS - ADVANCED

Sunday November 25 from 1pm to 5:00pm

Members: \$85 Non-Members: \$105

Wing Chun is a *principle based art* and these principles have broad range of applications from breathing to protecting ourselves and our loved ones.

In this seminar we will start with *breathing* and its impact on the body and mind, and we will look at how *what we drink and eat impact all of our functions*.

We'll talk about the importance of *movement and rest* on our bodies and minds., and look at ways to create a mindset that will allow us to *live a bold life with minimal fear*.

While we are learning these principles we will go through a journey that starts with breathing and meditation, and we will slowly increase intensity to **Chi Kung** and **Iso Chi**.

Using **Cheung's Meridian Massage** we will learn about our own and opponents' bodies and this knowledge will create a foundation for **Dim Mak**.

Then we'll have a look at our *environment* and how our environment can be an ally or a foe, how we can *optimise our chances of survival* in this environment, how we can improvise anything around us as a weapon, with possible scenarios with single/multiple attackers without or with weapons.

The goal of the seminar is to make attendees more comfortable with themselves and their environments, to *improve effectiveness of the body*, show the depth and breadth of Wing Chun for the participants to select areas they find they would like to focus on more through focused Wing Chun training.



CHEUNG'S WING CHUN KUNG FU ACADEMY

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