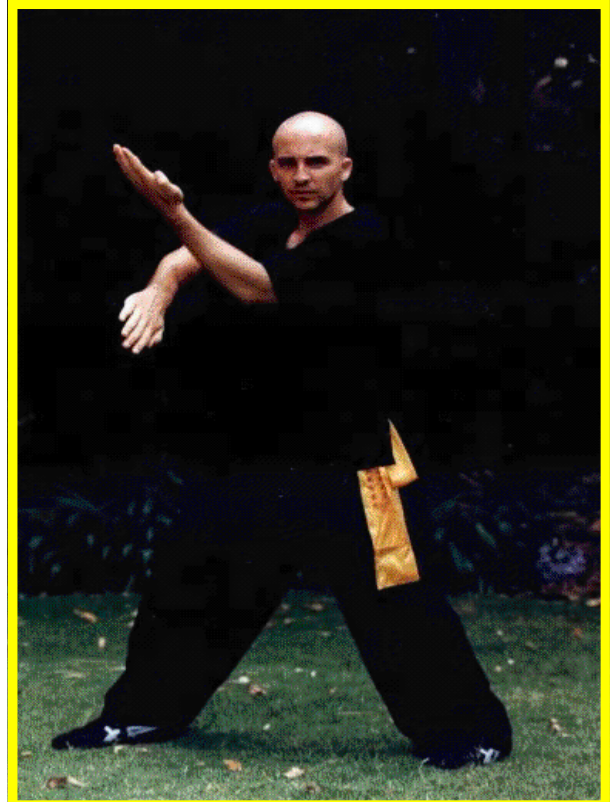


WORLD WING CHUN KUNG FU ASSOCIATION TASMANIA

WORKSHOP with Si-Fu Alfredo Del-Brocco



Blitz Magazine Instructor of the Year (1998) & Traditional Wing Chun Master, Si-Fu Alfredo Del-Brocco, will be conducting two seminars on Saturday the 3rd and Sunday the 4th of March 2012. The workshop will be conducted at the Kwoon (Kingston Beach Hall) commencing at 2pm to 5pm on Saturday and then 9am to 11am on Sunday. The seminar cost will be \$70 per person per workshop or \$120 for the two days.

Please ensure you bring some lunch / snacks and plenty to drink.

Eight Slash Butterfly Swords - Bart Jarm Dao

Si-Fu will run through the basics of the Butterfly Swords before moving onto the Bart Jarm Dao or Eight Slash Butterfly Sword Form. The swords not only train you to use single or double handed weapons they also improve your open hand ability including your hand flow, coordination and strength. Swords are required for this seminar. There are many options please speak to us to find out more.

Wing Chun for Competition

Si-Fu will demonstrate how to apply Traditional Wing Chun in a competition when facing one opponent. Remembering that Wing Chun has many deflections and counters designed to fight multiple attackers from various angles. Si-Fu will show you how you can use a smaller, less complex approach to defeat a single opponent under competition guidelines and rules. This seminar is a must and will help with sparring etc.

MINIMUM NUMBERS APPLY.....RSVP 1st MARCH 2012

Please forward your payment to Si-Fu Nic ASAP so we can confirm numbers

ONE DAY \$70

TWO DAYS \$120