

# Christian Wushu Fellowship

基督耶穌降世臨，

愛人十架救恩深。

武林學者齊崇拜，

術智常存敬畏心。

**Above Chinese poem Translation:**

Our Saviour, Jesus Christ, descended to this world,  
 Showing people the love and spirit of the cross deep in His sacrifice;  
 Martial artists are drawn so near to Him and worship His power in unity,  
 Their heart of worship, filled with respect and modesty, is ever conveyed by their  
 intellectual wisdom and physical skills.

Grace Chinese Gospel Church of North York (201 Tempo Avenue, North York, Ontario, Canada M2H 2R9)

## Regular Schedule 基愛武術時間表

Martial Art Styles 派別	Day	Time 時間	Location 校址
<b>Wushu 武術</b> Shifu Liu 劉瑞啟師傅 Shifu Hung 洪鼎生師傅 Shifu Luo 羅福榮師傅 Shifu Enoch 陳懷溢師傅	Tuesday	<b>Beg</b> 5:30 – 6:30 pm <b>Beg/Int</b> 6:30 – 7:30 pm	Markham Free Methodist Church
	Wednesday	<b>Beg</b> 7:30 – 8:30 pm	Richmond Hill Baptist
	Thursday	<b>Beg</b> 5:30 – 6:30 pm <b>Int/Adv</b> 6:30 – 7:30 pm	Markham Free Methodist Church
		<b>Beg/Int</b> 7:00 – 8:00 pm <b>Adv</b> 8:00 – 9:00 pm	CWF-Mississauga: Shifu Luo Cell: 416-561-6682
	Saturday	<b>Beg</b> 9:30 – 10:30 am <b>Beg/Int</b> 10:30 – 11:30 am <b>Beg</b> 1:30 – 2:30 pm <b>Beg</b> 2:30 – 3:30 pm <b>Int/Adv</b> 3:30 – 4:30 pm	Markham Free Methodist Church
<b>Wing Chun 詠春</b> Sifu Chan 陳就祥師傅	Tuesday	7:30 – 9:00 pm	Markham Free Methodist Church
	Wednesday	7:30 – 8:30 pm	Richmond Hill Baptist
	Thursday	7:30 – 9:00 pm	Markham Free Methodist Church
	Saturday	10:30 – 12:00 noon 3:00pm – 4:30pm	Markham Free Methodist Church
<b>Sifu Liu 劉瑞啟師傅</b> (Other Styles 別類) Here on and below, all classes are being held at Markham Free Methodist Church	Monday	TBA	Chen's Tai Chi 陳式太極
	Tuesday	TBA	Xing Yi 形意拳
	Wednesday	TBA	Tong Bei 通臂拳
	Thursday	TBA	Ba Qua 八卦拳
<b>Tai Chi (for Health)</b> Simplified 24 Yang style 簡化二十四楊式健身太極	Monday	5:30 – 6:30 pm	Shifu Hung 洪鼎生師傅
	Tuesday	6:00 – 7:00 pm	Shifu Hung 洪鼎生師傅
	Thursday	6:00 – 7:00 pm	Shifu Hung 洪鼎生師傅

- Schedule subject to change without notice.
- All students are to arrive 20 minutes before class for stretching and warm ups.
- Students must wear uniform and obey to the CWF rules & regulations.
- Call Sifu Chan at 416-803-3501 Or email to: [cwf@wushu.com](mailto:cwf@wushu.com)
- Please visit our web site at: <http://www.christian.wushu.com>.

**Note:** After the Monday night class, there is a CWF prayer meeting