

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.

201 Tempo Avenue 北約恩典福音堂 (Victoria Parks & McNicol Avenue)

Regular Schedule 基愛武術時間表

Martial Art Styles 派別	Day	Time 時間		Location 校址		
Wushu 武術 Shifu Liu 劉瑞啟師傅 Shifu Hung 洪鼎生師傅 Shifu Luo 羅福榮師傅	Monday	Beg Int/Adv Int/Adv	5:30 – 6:30 pm 6:30 – 7:30 pm 7:30 – 8:30 pm	Grace Gospel Chinese Church		
	Tuesday	Beg Beg/Int Beg/Int	5:30 – 6:30 pm 6:30 – 7:30 pm 7:30 – 8:30 pm	Grace Gospel Chinese Church		
	Wednesday	Beg	7:30 – 8:30 pm	Richmond Hill Baptist		
	Thursday	Beg Int/Adv Beg	5:30 – 6:30 pm 6:30 – 7:30 pm 7:30 – 8:30 pm	Grace Gospel Chinese Church		
			Beg/Int Adv	7:00 – 8:00 pm 8:00 – 9:00 pm	CWF-Mississauga: Shifu Luo Cell: 416-561-6682	
	Saturday	Beg Beg/Int Beg Beg Int/Adv	9:30 – 10:30 am 10:30 – 11:30 am 1:30 – 2:30 pm 2:30 – 3:30 pm 3:30 – 4:30 pm	Grace Gospel Chinese Church		
			Tuesday		7:30 – 9:00 pm	Grace Gospel Chinese Church
			Wednesday		7:30 – 8:30 pm	Richmond Hill Baptist
			Thursday		8:00 – 9:30 pm	Grace Gospel Chinese Church
	Saturday		10:30 – 12:00 noon	Grace Gospel Chinese Church		
Shifu Luo 羅福榮師傅	Thursday	Adv	8:00 – 9:00 pm	Mississauga – CWF: 3450 Ridgeway Drive, Unit 14		
Sifu Liu 劉瑞啟師傅 (Other Styles 別類) Here on and below, all classes are being held at Grace Gospel Chinese Church	Monday		8:30 – 9:30 pm	Chen's Tai Chi 陳式太極		
	Tuesday		8:30 – 9:30 pm	Xing Yi 形意拳		
	Wednesday		9:15 – 10:15 pm	Tong Bei 通臂拳		
	Thursday		8:30 – 9:30 pm	Ba Qua 八卦拳		
Tai Chi (for Health) Simplified 24 Yang style 簡化二十四楊式健身太極	Thursday		7:00 – 8:00 pm	Sifu Hung 洪鼎生師傅		
	Saturday		2:30 – 3:30 pm 3:30 – 4:30 pm	Sifu 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 or shifuluo@wushu.com
- Please visit our web site at: <http://www.christian.wushu.com>.

Note: After the Tuesday night Wingchun class, there is a CWF prayer meeting