

Programs

Wushu 武術

- Chinese Martial Art Fundamentals
- Basic routines of Wushu 套路
- North Fist - Six Harmony Style 六合門
- Modern Compulsory Wushu 新武術
- Weapons: Sword, Broad Sword, etc.

Tai Chi (Chen/Yang/Wu style)

- Principles and theories 拳經,拳理
- Chinese Martial Art Fundamentals
- Forms, Push Hands
- Foot Step Movement
- Tai Chi Practical Application
- Weapons: Fan, Sword, etc.



Chinese Lion & Dragon Dance

- Dancing Performance
- Routines and Stunts



Wing Chun/Ving Tsun/Yong Chun 詠春

- Chinese Martial Art ethics & etiquette 武德與禮儀
- Siu Lim Tao (Little Idea) 小念頭
- Chum Kiu (Search of Bridge) 尋橋
- Biu Jee (Darting Fingers) 標指
- 108 Wooden Dummy 木人樁
- Chi Sao (Sticky Hands) 黏手
- Double 8 Sections Chop Knife 八斬刀
- Six and a Half Points Pole 六點半棍

Mission Statement

To promote and maintain good health, preserve the Chinese Martial Arts, encourage humbleness, restore family values and witness the Gospel through Chinese Martial Arts.



CHRISTIAN WUSHU FELLOWSHIP

加拿大基愛武術中心

ROOTING IN THE LOVE OF CHRIST, APPLYING
THE ESSENCE OF CHINESE MARTIAL ARTS.

以基督的愛為本，以武術精粹為用。

Web Site: <http://www.christian.wushu.com>

Telephone: (416) 803-3501

E-mail: cwf@wushu.com

CHRISTIAN WUSHU FELLOWSHIP

加拿大基愛武術中心



Introducing the Christian Wushu Fellowship (CWF)...

The Christian Wushu Fellowship (CWF) is founded on the Biblical principles of God's Word, and sharing the Chinese culture through the **Chinese Martial Arts**. Christian Wushu Fellowship (CWF) is a trans-denominational organization that is health-oriented and focuses on all the values of Christ. The goal of this fellowship is to provide a chance for Christians and/or non-Christians to get together and have a great time. We stress the fundamentals of **Chinese Martial Arts** and, at most times, would apply some of the theories or philosophies into our daily lives. CWF provides instruction in the Chinese Martial Arts of **Wushu, Tai Chi, and Wing Chun, Lion & Dragon Dance** Training.

3 John 1:2

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

The team of masters consists over 100 years of experience and practice in Chinese Martial Arts to share with you.

Instructors' Qualifications

1. Sifu Liu: Bachelor degree from Beijing University of Physical Education specialized in Wushu. He was teaching Wushu at Beijing Capital University of Medical Science. He is specialized in Wushu & Chen's Taiji chuan.

2. Sifu Hung: Gold medalist of 1998 International Kungfu Competition of United States. Specialize in Six Harmony & North Shaolin.

3. Sifu Nelson: Founder of CWF, an evangelical Christian. Participate for two short-term mission trips to Japan. Vice President of C.C.K.S.F. Communication official of C.M.G.C. specialized in Wingchun / VingTsun from Yip Man, Moy Yat lineage from Hong Kong.

4. Sifu Luo, PhD., an evangelical Christian, former member of SiChuan Provincial WuShu Team, ShangHai JiaoTong University WuShu Team, specializes in: Contemporary WuShu, Taiji, BaJi, FanZi, XingYi, BaGuanZhang and Shaolin.

5. Sifu Enoch: began competing at the age of eight and established an impressive tournament record over the years. Enoch teaches Chinese Lion Dance, also devoting his knowledge to training martial artists in Chinese Christian churches via VBS & Chinese Schools in Toronto.

Prepare your child for adult life

Educate your child with confidence, discipline, respect and wisdom through CWF training!

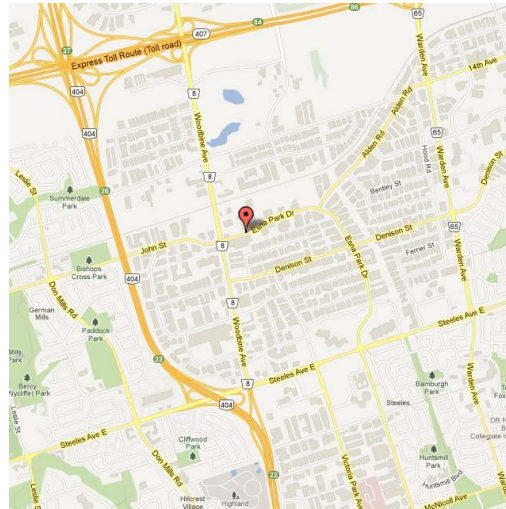
Private Lesson and VBS demo can be arranged, please give us a call.

CLASS FEE

- A minimal of three month registration will be required.
- Class fee varies depending on training frequency and locations.
- Classes are available for age 6 and beyond.

Proud to be a member of an organization with an unique vision, a fellowship for Christian and Chinese Martial Artist! You don't need to be a Christian to join and learn Chinese culture with Christian value.

MARKHAM LOCATION



Markham Free Methodist Church 萬民循理會
22 Esna Park Drive,
Markham, Ontario
Canada L3R 1E1

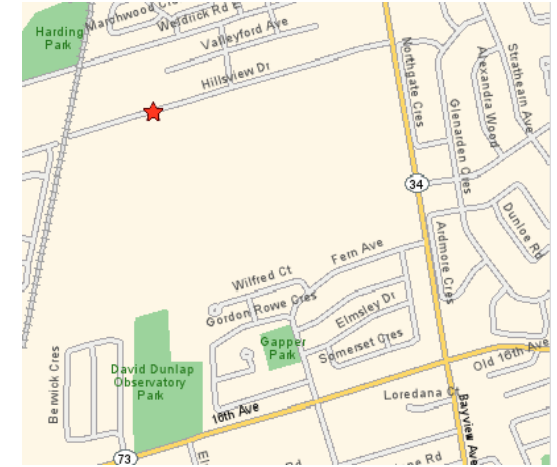
CLASS SCHEDULE *

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|--------------------------------|----------------------|-------------------------------------|
| Wushu | Tuesday (2 classes) | 5:30pm - 7:30pm |
| | Thursday (2 classes) | 5:30pm - 7:30pm |
| | Saturday (5 classes) | 9:30am - 11:30am 1:30pm - 4:30pm |
| Wing Chun | Tuesday | 7:30pm - 9:00pm |
| | Thursday | 7:30pm - 9:00pm |
| | Saturday | 10:30am - noon 3:00pm - 4:30pm |
| Tai Chi | Monday | 5:30pm - 6:30pm |
| | Tuesday | 6:00pm - 7:00pm |
| | Thursday | 6:00pm - 7:00pm |
| Weekly Prayer's Meeting | Monday | 6:30pm - 7:30pm |

* Note:

An up-to-date class schedule can be found at our websites <http://www.christian.wushu.com> or <http://www.wingchun.ca>
Contact email: cwf@wushu.com

RICHMOND HILL LOCATION



Richmond Hill Chinese Baptist Church
136 Hillsview Drive,
Richmond Hill, Ontario,
Canada L4C 1T2

CLASS SCHEDULE

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|------------------|------------------|------------------------|
| Wushu | Wednesday | 7:30pm - 8:30pm |
| Wing Chun | Wednesday | 7:30pm - 8:30pm |

INSTRUCTORS

| | |
|------------------|----------------------|
| Wushu | Sifu Hung, Ting Seng |
| | Sifu Liu, Rui Qi |
| | Sifu Enoch Chan |
| Wing Chun | Sifu Chan, Nelson |
| | Sifu Chan, Nelson |
| Tai Chi | Sifu Hung, Ting Seng |
| | Sifu Liu, Rui Qi |

Come learn from this team of Chinese Kung Fu Masters in the love of Jesus Christ. Join with all Chinese Martial Artists to live with support and encouragement through Christian faith and family value.