

WHITE DRAGON  MARTIAL ARTS

Proudly Presents Seminars with

Grandmaster Doc-Fai Wong

Saturday & Sunday, October 23th & 24th, 2010

Tuition

Each Seminar \$169

Three for \$456 10% Off!

Four for \$575 15% Off!



Double Daggers

10am to 11am

Among some of Choy Li Fut's most effective techniques are those that use weapons in pairs. In the Double Dagger seminar, Grandmaster Doc-Fai Wong will teach you how to defend with one dagger while simultaneously striking down your opponent with the other. This short set is ideal for beginning and intermediate students!

Jiangmen Lineage Hook Spear Form

2pm to 3:30pm

In ancient times, mastery of the hook spear was a requirement for soldiers who fought on horseback. Lancing techniques kept foot soldiers at bay while the hook effectively stripped away their weapons. Learn this rare Choy Li Fut form directly from Grandmaster Doc-Fai Wong who is teaching it to the public for the first time!

Iron Arrow Fist

11am to 12:30pm

The Iron Arrow Fist is one of the eight principle Choy Li Fut forms that will hone your striking ability. Once a rigorous training form for serious students of the King Mui village, its value for conditioning the warrior of any era is timeless. Don't miss out on learning this long lost form directly from our Grandmaster, Doc-Fai Wong!

Yin & Yang Double Tai Chi Straight Sword

3:30pm to 5pm

The Yin and Yang Double Tai Chi Straight Sword is a rare set that balances beautiful movements with effective self-defense applications. This is the first time a double weapon tai chi seminar has ever been offered to White Dragon students. Take this opportunity to learn this fun and challenging form from Grandmaster himself!

Joan Kroc Center Gym 6845 University Ave. San Diego, CA 92115