

Workshops by Master David Leung

Saturday, April 26, 2014

@ Moy Martial Arts & Tai Chi Academy

14407 NE 13th Ave., Suite 122, Vancouver WA, 98685 | MoyMartialArts.com | 360-573-2367



Born in Hong Kong, Master David Leung began his studies in the martial arts at the age of 9. He is a second-generation student of Wing Chun Grandmaster Yip Man (under Master Ho Leung), third generation student of renowned Yang style T'ai Chi Ch'uan Master Yang Ch'eng-fu, and a student of Chen Style Tai Chi Grandmaster Chen Zheng Lei.

Master Leung has taught Chinese Martial Arts at his school in Eugene, Oregon for over 30 years. He is a highly sought-after instructor, teaching workshops all over the US, as well as in Europe and Hong Kong.

He is the Co-Director of the United States branch of the World Chinese Internal Martial Arts Association. Presently, he is also the honorary president of the Tsang Cheuk Yi Chen Style Tai Chi Association of Hong Kong.

His understanding and insight of Asian and Western culture, substantial knowledge of Chinese Martial Arts combined with his energetic teaching style and sense of humor make these workshops extremely interesting, entertaining, and informative.

Master Leung's training instructions are very clear and will produce immediate results.

These workshops will benefit long-time practitioners, as well as build a solid foundation for new students.

Workshop 1: Wing Chun Kung Fu 12:00 – 2:00 pm

Wing Chun is a powerful Martial Art that emphasizes direct, efficient movements, flow, and an acute awareness of positions and energy.

Master Leung will teach the first section of Sil Lim Tau, the traditional Wing Chun form. Topics to be covered will include structure, energetics and applications.

Workshop 2: Qigong (Chi Gung) and the Central Nervous System 2:15 – 4:15 pm

Master Leung will teach Qigong methods that are beneficial for improving the connection of the Central Nervous System (CNS) to the limbs. This will help develop balance, coordination, and is excellent rehabilitation for people that have sustained nerve damage due to disease (i.e. stroke) or injury.

Martial arts and non-martial students will benefit from this workshop.

Workshop 3: Essential Tai Chi Principles 4:30 – 6:30 pm

Master Leung continues his series on Essential Tai Chi Principles and Body Skills.

Chinese Buffet Dinner 7:00 pm

All are invited to join us for a Chinese Buffet Dinner at Canton Buffet (1118 NE 78th St.).

