

Workshops by Master David Leung

Saturday, November 22, 2014

at Moy Martial Arts & Tai Chi Academy

14407-E 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 6 ½ point Long Pole (Luk Dim Boon Kwun) 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 6 ½ point Long Pole, a traditional Wing Chun weapons form. The form may be practiced with a short staff (i.e. 5 – 6 foot closet dowel). Please bring your own practice staff.

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

Master Leung will continue his instruction on Qigong methods that are beneficially 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.).

If registered and paid before November 22*:

Workshop 1 – Wing Chun Long Pole \$40

Workshop 2 – Chi Gung (Qigong) \$40

Workshop 3 – Tai Chi \$40

All three workshops for \$115 with pre-registration.

*** Students of Master Leung or Sifu Moy pay \$35 per workshop.**

- Participants: Additional \$10 per workshop if registering at the door.
- Spectator Fee is \$15 per workshop. Spectators may register at door.
- Sorry, but there is limited space available – early registration suggested!

Workshop location:

Moy Academy of Martial Arts & Tai-Chi

14407-E NE 13th Ave., Suite 122, Vancouver, WA 98685

From I5, head west on 134th St.

Turn right (north) onto 10th Ave.

Turn right (east) onto 144th St. Head east for one block.



For more information contact:

Sifu Mark Moy

360-573-2367

info@MoyMartialArts.com

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Email _____

Are you on Facebook? (circle one) Yes / No

Check here If under 18

I will attend _____ Workshop 1 – Wing Chun Long Pole \$40

_____ Workshop 2 – Qigong \$40

_____ Workshop 3 – Tai Chi \$40

All three workshops for \$115 with pre-registration.

*Amount enclosed \$ _____

* Students of Master Leung or Sifu Moy, \$35 fee per workshop.

- Participants: Additional \$10 per workshop if registering at the door.

- Spectator Fee is \$15 per workshop. Spectators may register at door.

Make checks or money orders payable to Leung Martial Arts.

Send registration form and fees to...

Moy Academy of Martial Arts & Tai Chi

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Vancouver, WA 98685