

# Workshops by Master David Leung

Saturday, November 14, 2009 Vancouver, WA



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 an indoor 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.

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

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

## **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.

The Sil Lum Tao Form is the first form taught in the Wing Chun System. Master Leung will take moves from the form and explore their structure, energy and combative application.

Two-person Chi Sao drills to develop correct intent and reflex responses.

## **Workshop 2: Chi Gung / Eight Pieces of Brocade 2:15 – 4:15 pm**

This popular Chi Gung set increases the circulation of energy in the 5 principal organs – heart, spleen, liver, kidneys, and lungs – as well as the secondary organs. Health is naturally enhanced by improving the vitality of the organs and their circulatory systems (meridians).

This is an excellent Chi Gung set for non-martial and martial arts students.

## **Workshop 3: Introduction to Chen Style Tai Chi 4:30 – 6:30 pm**

Modern styles of Tai Chi can be traced back to Chen Style Tai Chi which is characterized by its spiraling movements and energetic releases of power. Master Leung will continue his series on Chen Tai Chi Fundamentals.

## **Chinese Buffet Dinner 7:00 pm**

All are invited to join us for a Chinese Buffet Dinner; location to be announced.

