



Chi Sau Club

Corporate Courses in Wing Chun

Falcon Wing Chun provides courses to corporate groups in the martial art of wing chun. These range from an introductory one-hour lesson to a 10-week course of 2 hours per week. Courses may be adjusted to cater to the particular requirements of each group. Costs are generally \$20 per hour per person for groups of 10 or more.



What is wing chun?

Wing Chun is a style of martial art that was invented by a Buddhist nun from the Shaolin Temple in China 300 years ago.

It is an extremely effective method of self-defence that does not rely on brute strength or athletic ability. The movements are economical and practical and can be performed by people of any age, size or level of fitness.

The practice of wing chun, particularly the internal aspects emphasized at Falcon Wing Chun, offers tremendous health benefits similar to the practice of tai chi. These include improved concentration, stress reduction and increased energy levels.

What happens in the course?

We aim to introduce participants to the art of wing chun in a considered, intelligent fashion. The instructors provide hands on tuition with each student and we draw on many years of experience to do so. Our style of teaching is caring, sensible and never intimidating. You will learn to defend yourself and enjoy yourself in the process.

If you would like to get in touch with your body and mind while studying genuine kung fu in a relaxed, friendly environment then you should definitely give us a try!



Chi Sau Club

The instructors



Mark Spence has studied wing chun continuously since 1984 and has worked as a full-time professional instructor for 18 years. He is a student of the late Grandmaster Jim Fung and has managed and taught in schools for GM Jim Fung in Australia, Asia and Europe as well as owning his own school in NZ.



Des Ferris is also a student of the Late Grandmaster Jim Fung. He began training in wing chun in 1986. He has worked as a full-time professional instructor while managing GM Fung's Academy in NSW as well as running a school until recently at Bondi Beach.

Mark and Des now run Chi Sau Club and it's Surry Hills branch Falcon Wing Chun. More information may be found at www.chisaclub.com.au, or by calling Mark Spence on 0414 585 479.