



## **The Chi of Wing Chun Kung Fu**

This full day of training at the private Syzygy mountain retreat center, near Boulder, CO; will focus on the incorporation of an understanding of Chi within Wing Chun Kung Fu training.

“beyond bone & muscle, lies energy!”

*Sifu Stephen Joffe.*

This unique training will cover the seated meditations that lead the practitioner to an ability in the visualization of the core energetic structures activated in the physical practice of Wing Chun.

All participants are welcome, men & women – from beginners through full ranking Instructors; everyone can benefit from the collection of Chi, as well as the manipulation of Chi and it's refinement in their life-long practice.

The Instructor: Stephen Joffe is a 2<sup>nd</sup> generation *Wong Shun Leung* Wing Chun Kung Fu Sifu, he is also a leading expert in the '*anatomy and physiology*' of the human energy system; with more than 25 years of experience in this '*thinking man's*' Kung Fu style.

**August 28<sup>th</sup> 2010**

**9am – noon & 2pm – 5pm**

**Training fees: \$150.00**

A healthy lunch will be provided for all participants.

Registration: [www.martialworks.com](http://www.martialworks.com) or 720 933 6011.

Full training details, location etc... available for registered participants.