

NEW SCHEDULE !!!!!!!!



BEGINNERS

ADULT YOUTH CLASS!!

TUE- THUR

6:30PM to 7:30PM

DEMO TEAM

7:30PM to 8:30PM

INTERMEDIATE- ADVANCE

ADULT-YOUTH CLASS

MON- WED 6:20PM TO 7:30PM ADVANCE 7:30 to 8:30PM



Tuesday & Wednesday classes :

Weapons

Lion Dance

New San Shou tank tops and shorts in stock now!!!!



CANADIAN GING WU KUNG FU MARTIAL ARTS ASSOCIATION

CONGRATULATIONS SIJEH CYNTHIA !!
AT NATIONALS WUSHU TEAM CANADA

CONGRATULATIONS TO ALL PERFORMERS FOR
HERITAGE FESTIVAL

BIG THANKS TO :
SIHING COREY - DEMO ORGANIZER
SIJEH CYNTHIA - MUSIC ORGANIZER
KEVIN - LION DANCE & WEBSITE ORGANIZER
RHONDA --- OFFICE MANAGER
CARLA--- NEWSLETTER ORGANIZER
SIFU BRENDAN LEE
SIFU CHARLIE NGU
ALL SIHING , SIJEHS AND STUDENTS FOR
YOUR DEDICATION AND HARD WORK !

YELLOW, BROWN
BLACK BELT TEST
IS COMING SOON
GOOD LUCK AND
HARD WORK TO
ALL!!!!

DON'T FORGET TO
CHECK FOR LION
DANCES !!!

Happy birthday for the month of August !!
Kevin Bang, Ellvin Bang,
Dominic Vu, Jennifer Guszczewski,
Thoai Tran, Devon Tran, Jelena Tran
Kyle Knysh, Calvin Li,
Richard York & Sihing Corey Der



SPARWARS is on!!!
ADULT - YOUTH BEGINNERS

September 17, 2009



Point sparring
Assigned contenders
Free contenders
Multiple attacks
Continuous sparring

AWARDED STUDENTS

July :

STUDENT OF THE MONTH- JACKIE VARVIS
MOST IMPROVED - LACEY BARTEN
MOST DISCIPLINE - JASON HONG

August :

STUDENT OF THE MONTH - CARLA ERNST
MOST IMPROVED- TREVOR HUNYH
MOST DISCIPLNE - DAREN TRINH

CLASS

Class Picture: MONDAY, OCTOBER 5th AT 6:30pm

TOURNAMENT SEASON IS COMING UP MAKE SURE YOU ASK FOR RULES AND DETAILS!!!

Check website at www.wingwu.com