

## 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](http://www.wingwu.com)