

Wing Chun kung fu, self defence, fitness



Location **South East, Middlesex**
<https://www.freeadsz.co.uk/x-169565-z>

Kamon Martial Art federation was founded in 1992 by Master Kevin Chan. I myself have over 40 years experience in the art of Wing Chun Kung Fu, and teach the Richmond class. I take my responsibility as an instructor very seriously and constantly strive to increase my ability and knowledge so that I can pass the very best on to my students. If you would like to improve your fitness, become more confident, feel less stressed, learn how to defend yourself or your loved ones, Wing Chun can help you to achieve all this and much more. Wing Chun is a practical and dynamic system which is renowned for it's close quarter combat. It has just 3 empty hand forms, Siu nim tau, Chum kiu, and Biu jee. There is a logical progression with each form building on the last and complementing each other. There are also the Dummy (muk yan jong) Knives (baht jum dao) and pole (luk dim boon kwan) forms, which help to refine the theories and principals within the system. I have been teaching for well over 20 years, and love to share my knowledge of this wonderful art and hopefully inspire others with my passion. When I teach the combat side of the art, I strongly believe in keeping it real, I e: Threat awareness, fight precursors, body language, adrenaline affects, etc. As well as the Richmond class, I teach privately in Battersea at a time to suit yourself. Come to the Richmond class for a free trial lesson, or give me a call for more information. I'm confident you won't be.



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