

SUMMER TRAINING CAMP 2016

*2 full days of training in a beautiful rural setting
Ashlyns farm Epping Rd, Epping CM16 6RZ*

Sat 13th August

*13:00 - 14:00 Heavy Bag and pad work
14:00 - 16:00 Glove work and Boxing training
16:30 - 17:00 Break
17:00 - 18:30 Takedown Defence and Groundwork
18:00 - 19:30 Wooden Dummy Training*

Single day cost £80

Sun 14th August

*08:00 - 09:00 Qi Gong
09:00 - 10:00 Fitness and Conditioning
10:00 - 10:30 Break
10:30 - 12:00 Kicking and Counter Kicking Skills
12:00 - 13:00 Lunch
13:00 - 14:00 Chum Que (2nd form)
14:00 - 15:00 Knife defence
15:00 - 15:30 Break
15:30 - 17:30 Chi Sau into Sparring
17:30 - 19:00 Wing Chun Long Pole Training*

Single day cost £100

*Free camping space is available on request and cheap
hotel accommodation within 5 minuets walk
of venue!*

RESERVE YOUR PLACE NOW!

sifumartin80@gmail.com

*Save and take advantage of the
full wk end discount*

£160