



# Christian Wushu Fellowship

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June 8, 2011

## Dear parents and community members:

On **July 4, 2011**, Sifu Nelson Chan will start a Wing Chun Self-Defence course for young teenagers. This is a two month course consisting of nine classes.

The course material will cover the first form in the Wing Chun system, body structure, manipulation of force, health exercises and self-defence techniques.

Each session starts from 6:00pm -7:30pm on Monday or Tuesday. The cost for this 2 month session is \$135.00 plus HST.

Please register with Sifu Chan by phone or email.

Thank you!

**CWF President,  
Sifu Nelson Chan**

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