

# KUNG FU WORKSHOP training series

We will be holding a Kung Fu training series on the last Sunday of every month, from 12:45-2pm, before instructor training. The material covered will be the training methods and forms taken from the different Kung Fu Masters Dr. Chamberlain has studied with over the last 30 years.

The series is open to anyone interested and does not require prior experience or training. Equipment needed will be loose clothing to work out in and the weapons used in the class (available through the school). We will cover a different Kung Fu form every few months. The curriculum will include: marching drills, kicking sets, arm conditioning drills, iron palm, chin na, some history on what you are doing, and northern style kung fu forms, including:

**Eagle Claw from Master Man Biu Lo, Boston:**  
Die Myin Jeung Kune, the “Great Cotton Palm Fist”.

**7-Star Praying Mantis from Master Man Biu Lo, Boston:**  
Pa Kua Darn Do, “8-Trigram Single Edge Broadsword”.  
Buck Yuen Tow To, “White Monkey Steals the Peach”.

**Wah Lum Kung Fu from Master Chan Pui, Orlando:**  
“8-Chain Punch”  
“First Form”  
“Right Hand Stick”

**Northern Shaolin from Master Cao Man Liang, Beijing:**  
Ba Chi Chuan, “8-Powers Fist”

**Plum tree Blocking System**

***Cost: \$300 per year, \$200 per 6 months or \$40/month.***



With Master Cao Man Liang, Beijing

Have fun, stretch out, help each other and practice between classes or you will get helplessly lost...

See you on the mat!

**Shihan Nick Chamberlain**



(L-R) Professor Nick Cerio, Sifu Man Biu Lo, Shihan Chamberlain



With Master Lee Kam Wing in Kowloon, China, 7-Star Praying Mantis



Front: Shihan Chamberlain and Colin  
Back row: 1980's CSSD students Shihan George Thibault and Sheila Burnham