

Summer Camp Session II (Fan) and III (Nunchucks)

Do you remember in the Disney film "Mulan", Mulan uses a fan to defeat Shan-Yu? That's a great moment to appreciate the use of Chinese fan. In the Chinese martial arts system, fans are used as defensive and offensive weapons. When folded, the fan acts like a decent club and could be used for blocking. When opened, it provides some shielding purposes.



Fan (扇)



Nunchucks (雙節棍)

Nunchucks are a small, simple but very practical self-defense weapon. They can function as an extension of the user's arm for strikes. They were popularized by the famous Chinese actor and martial artist Bruce Lee. For beginners, it is relatively easy to learn. Through regular practice, it will not only strengthen hand brain coordination, but also improves body's flexibility and agility. It trains children to become more focused and alert.

Belt Test Update

Congratulations to the following students for passing our belt test in June and advancing to a higher belt level:

Red Black: Ray Chen (Advanced 1st place)

Purple Black: Raymond Tsui (intermediate 1st place)

Purple: Skylesha Marcel, Sophia Chiu (beginner 1st place), Christopher Chiu

Green Black: Daniela Marcel, Emily Mayer

Green: Joshua Ni, Ethan Ho

Yellow Black: Daniel George

Yellow: Ramon Kirkling, Justin Wei, Joaquin Geronimo

White: Michelia Tai, Kyle Ng



Accomplishments

We are with pride to let you know that in June Sifu Li completed 2014 USAWKF judge course and passed the exam to receive his national level judge certificate! Not only has Sifu Li expanded his professional skills, but his students will get more proper training for further competition events. Congratulations!



Upcoming event

2014 國際武術邀請賽
International Martial Arts and Tai Ji Invitational by NCCAF will be held at James Logan High School on August 9th. The registration deadline is July 31. Please check with us if you are interested.



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一日練一日功 一日不練十日空

As you practice for one day, you gain one day of kung fu. As you stop practicing for one day, you lose ten days of kung fu.

Kung fu is an accumulation of time and hard work. Regular and consistent practice is the key to making progress. Therefore, do not get lazy because even a short time of laziness will result in big regression.