

Practical Self-Defense



中國武術

Discover Chinese martial art emphasizing close range combat and practical self defense. Learn various techniques and principles to protect yourself during hostile situations. Gain self-confidence through repeated training and master applicable self-defense skills.



- Practical self-defense
- Improve confidence and body coordination
- Open to ages 7 and up and all skill levels

INSTRUCTED BY
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Instructor Bio

Wing Chun was founded by a woman and emphasizes using the simplest and most direct methods to overcome opponents. It is applicable for self-defense and street fighting. Due to its practicality, Wing Chun has been adopted by several countries for counter-terrorism and military training. Master Chan (Josh), having practiced martial arts since childhood, began learning Wing Chun under Master Kong Chi-Keung in Hong Kong in 2015. In 2018, he attained the fourth-level qualification in Wing Chun Kong Chi-Keung Martial Arts Association, receiving approval to teach. Since coming to the United States, Master Chan has been promoting and teaching Wing Chun through various channels, aiming to pass on the legacy of Wing Chun and Chinese culture.

Courses include:

1. Basic Techniques
2. Free Sparring
3. Practical Applications
4. Wing Chun Stance
5. Street Fighting
6. Self-Defense

For more information regarding our Chinese Marital Arts program, please contact us at ncschoolphone@gmail.com.