

Wing Chun Class 詠春班

Tutor

Mr Kwan Kam-fan
Mr Woo Lap-chiu

Kung Fu Master

導師

關錦勳先生
胡立超先生
功夫師傅

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16 February - 16 March 2022

(Wednesdays - 5 sessions)

6:30 pm – 8 pm

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Legend has it that Wing Chun originated from the Southern Shaolin Monastery, or Nan-Shaolin, and became known among the people in mid-Qing dynasty. Eventually, Wing Chun saw different lineages with many well-known Wing Chun practitioners. Guangzhou Wing Chun is easy to learn. Yet, the forms are dynamic and require time to master the essence of the techniques. Participants will be taught about the history and theories of Wing Chun. They also have the opportunity to practice the basics of Wing Chun with the assistance of wooden dummies.

Master Kwan Kam-fan has practiced Guangzhou Wing Chun for over a decade. He is also a Hong Kong Chin Woo Athletic Association-recognised trainer and has been the association's board members for many years.

Master Woo Lap-chiu also has years of experience in Guangzhou Wing Chun. He once represented Hong Kong twice in martial art competitions. In 2015, he won three individual gold medals at the 10th Hong Kong International Wushu Competition.

相傳詠春拳源於南少林，於清朝中葉流入民間。及後人材輩出，產生了不同支系。廣州詠春拳精簡易學，只包含四套拳、一樁、一刀、一棍，但內涵豐富，須假以時日方可領會精進。廣州詠春拳初學與應用，旨在讓學員認識詠春拳的源流和拳理，並親身淺嘗學習詠春拳的基本功、散手應用，及廣為人傳的連環衝拳、小練頭及詠春擒手，並輔以木人樁練習。

關錦勳師傅習廣州詠春拳十多年，為香港精武體育會認可教練，並曾連續多年獲委為精武會董事。胡立超師傅同樣習廣州詠春拳多年，曾兩度代表香港參加武術搏擊比賽，於2015年第十屆香港國際武術比賽奪得三面個人金牌。

