



## **CHUAN FA** **School of Martial Arts**

*Freestyle Martial Arts System designed to  
“Help You Build The Life You Want To Live”*

**Ideal for all Children 10 years and over, Young Adults and Adults/Parents**

**Classes Start Wednesday February 2nd 2005**

**At Loreto Normanhurst School – Barry Wing Hall**

**Contact Sifu John Bedwany on 9489 3327 or (0411)026 236**

<b>For Children</b>	Learn realistic self defence, kata, sparring, bag work, fitness training & the “Chuan Fa Self Belief System” to assist you with improving your school results and whatever it is you so desire. Fun & Games included.
<b>For Young Adults</b>	As above + will also teach you to connect with your Mental, Physical, Spiritual & Emotional elements so to identify your “Life’s True Calling”. Unique martial arts weapons drills are also taught to strengthen your body & provide you with lightning fast street defence techniques. Meditation also taught to centre your focus and alignment.
<b>For Adults &amp; Parents</b>	As you grow older you need to make every effort to take care of your health. “Without health you have nothing” We will get you feeling the way you did when you were 18 again – the only difference is we will also teach you how to use your Mental, Physical, Spiritual, & Emotional Skills to build your “Rest of Life Strategy”.
<b>The Instructors</b>	Sifu John Bedwany has been training in the Martial Arts for over 20 years. He and his senior Instructors have trained with many World renowned Masters including Master Kevin Morris ( Founder of Chuan Fa and Kempo Master), Guru Dan Inosanto ( Head of Jeet Kune Do & student of Bruce Lee), Professor Remy Presas ( Master of Modern Arnis), Professor Wally Jay ( Grand Master of Ju Jitsu), Guru Chai Sirisute ( President of World Thai Boxing Association), Larry Hartsell ( Grappling Master under Dan Inosanto), Ray Floro ( Guru Illustrisimo System) , Erik Paulson ( World Champion Shoot Wrestler), Dr Paul Lam ( Tai Chi Master) & Sally Gray/Yasukawa ( Chi Qong & Metaphysical Teacher & Healer).

All Chuan Fa Instructors are Government Accredited & Members of the Martial Arts Industry Association & Kung Fu Federation