

# Benefits

From learning Chinese Martial Arts you will:

- learn self defence
- improve your co-ordination
- enhance core strength
- develop your posture and breathing
- increase your fitness
- expand your energy levels
- improve strength, flexibility and agility
- develop confidence; and
- become skilled at self discipline.

Studying Martial Arts also has the following benefits:

- alleviates stress
- increases relaxation
- develop strong moral and ethical behaviour
- calms and balances the nervous system
- improves mental and physical health.



Mixed class training at Macgregor

# Locations

## Adult Classes

Locations:

Macgregor - Mondays and Fridays

Logan - Monday to Saturday, day and evenings  
by appointment only

## Kids Classes

Macgregor - Saturday Mornings

See website for further details:

<http://www.brisbanekungfu.com/classes/>

Discounts available

Concession and Membership Includes:

Insurance

Introductory Package

Discount on clothing and equipment purchases

Blue Card Instructors

Government Accredited Instructors

No locked in contracts

Direct debit available

# Contact Details

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# Brisbane Kung Fu

## Wu Zen Dao

*The Way of Martial Art Zen*



*"Start learning Shaolin  
Martial Arts today for  
health & self-defence."*

A school where students can develop their physical body through martial arts, their mind through research & training and ultimately their spiritual body through Qi Gong, meditation and living the Way of Martial Art Zen.



# Styles

Kung Fu is commonly categorised into internal and external. External refers to training styles where the earlier focus is on physical development and energy development comes later. Internal training therefore is where energy awareness and development is trained early on and the physical aspects at a higher level.

## External Class

In our external class you will receive the core of our training in Chang Quan (Shaolin Long Fist), a style of kung fu renowned for its long range striking efficiency and long heritage back to kung fu origins at the Shaolin Temple. This training includes a wide variety of weapons training, both forms and fighting, as well a range of close range and ground fighting techniques.

If you are looking for self defence, fitness, confidence then this class will deliver. Within your individual training it is possible to focus on elements which interest you more, whether that be forms training, sparring or weapons. There are also opportunities to participate in training camps, demonstrations and tournaments.



## Internal Class

Our internal class applies the practice of Qi Gong to the disciplines of Tai Ji and Xing Yi. These are excellent classes for those looking for a gentler alternative to their martial art training.

The focus of Tai Ji training is on the health benefits derived through coordination, stretching, fitness, self awareness and meditation within a martial art setting. Tai Ji is suitable for persons rehabilitating injuries and is highly regarded for alleviating stress. This can be as relaxed as walking or as intense as you would like to make it. Xing Yi training is more dynamic, including a lot more partner work and plenty of animal forms training.



# School

Brisbane Kung Fu began in Brisbane under Master Yi-Yen Lee in 1990. It has grown to be one of the most regarded kung fu schools in Queensland with a reputation for quality and integrity. Locations are now available throughout S.E Queensland with classes available most days. Managed now by Shigong Jason King with the assistance of a team of instructors, the school is growing steadily with more expansions planned for the near future.



# ShiGong Jason King

ShiGong Jason was initiated as a disciple under Master Lee in 1991 and has pursued kung fu ever since. Having accomplished a range of teaching qualifications in related disciplines he has a passion for teaching students and helping them to better themselves.

ShiGong Jason has been extraordinarily successful in the tournament scene for 20 years and is qualified as a bodyguard and Fight Director. In 2013 he was honoured to be inducted into Australasian Martial Arts Hall of Fame.

ShiGong Jason and BKF continue to be regularly sought after for teaching, demonstrations and community involvement.



Shigong Jason King - Chief Instructor