



Wing Tsun Kung Fu

Instructor: **Scott Tarbell**

No
Experience
Required

What is Wing Tsun?

Wing Tsun is a southern style of Chinese Kung Fu which emphasizes the simultaneous attack and defense of the center line of the body. Multiple rapid straight-line and slanted angle hand attacks are combined with low kicks to create forward constant pressure. This develops the most effective striking techniques by controlling or "trapping" one or more of an opponents limbs.

Wing Tsun is a scientifically-engineered fighting system from the Shaolin Temple that will add a variety of combat techniques to beginner or seasoned martial artists alike. In addition, it offers many basic self defense and health benefits.

About Scott Tarbell:

Scott Tarbell started his Wing Chun training in 1996 in the Turning style-Pien San Fung Ga Sup Yee Sik as taught by Sifu Alex Lavaud, a master disciple of Mui Wai Hun Sifu of Hong Kong. Since that time, Scott Tarbell has also studied and trained the Sum Nung/Yuen Kay San Sup Yee Sik System. Scott currently teaches and studies the Centerline Yipman style of Wing Tsun as taught by Grandmaster Leung Ting, founder of the International Wing Tsun Association (IWTA).

Scott Tarbell has trained in the classical Wing Chun style for seven years and three years ago he switched over to the Wing Tsun system, for a total of 10 years experience. Following the closed door secrecy policy of classical Wing Chun, he has taught a private group of dedicated students for the past 4 years. He is now able to offer the powerful Wing Tsun system to you.



Course will cover:

- ✓ **Developing Trapping Skills**
- ✓ **Centerline Strategies** ✓ **Boxing Sets**

Classes meet:

Saturdays, Noon - 1:30 pm
~ and ~
Tuesdays, 8 - 9:15 pm

Location: **Inside Yang's Fitness Center**

Call 978.475.2020 for more info or to observe a class!



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