

CHINESE DAY OUT SCHOOL EXCURSION



A Kung Fu Class, History of
Chinese Martial Arts Presentation
and Chinese Lunch for School Groups



A Fun Excursion and Hands-on Experience
for Primary and Secondary School Children



Outline

The "*Chinese Day Out*" school excursion offers students a unique opportunity to learn about Chinese martial arts, and sample some authentic Chinese food. It introduces self defense skills and promotes discipline and self respect that can help students grow into confident and responsible citizens.



The program consists of:

- Kung Fu workshop at **Cheung's Martial Arts Academy**. The Instructor will give a short talk about Wing Chun Kung Fu and discipline in martial arts, and the importance of having respect for oneself and others. Tips on how to maintain focus, balance and discipline amid the stresses of school and life are also discussed, after which some simple self defence techniques will be taught to the students. Anti-bullying strategies can be covered in this workshop.
- Visit the **East Imperial Restaurant** at 323 Rathdowne Street, Carlton to experience a traditional Chinese lunch.

The cost per student (minimum 15 people) is - \$40 (+\$1.50 GST) for the class and Chinese lunch;

The program can be adapted to suit your requirements.

Tour Highlights

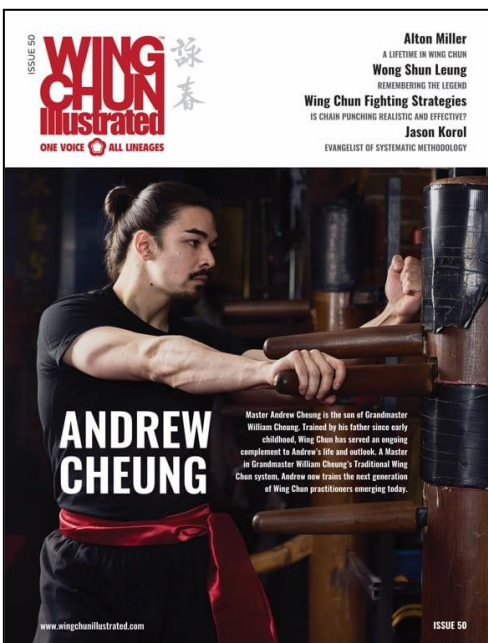
Kung Fu Workshop

Wing Chun Kung Fu was developed in China almost 300 years ago by a woman, and does not rely on the use of brute force for its effectiveness. Instead, practitioners learn how to use an opponent's force against them.



Dr. **William Cheung**, Grandmaster of Wing Chun Kung Fu, was mentor and friend to the late **Bruce Lee**, introducing him to Wing Chun Kung Fu.

His son, **Master Andrew Cheung**, is Head Instructor at Cheung's Martial Arts Academy.



During school visits, students learn basic and effective self defence techniques including how to escape from a potentially violent and unprovoked situation.

Students are taught the importance of awareness and preparedness, and are given some Anti-Bully and Stranger Danger strategies.

Chinese banquet lunch



Lunch will be held at -

East Imperial Restaurant
323 Rathdowne Street, Carlton

Lunch Menu

- Shanghai juicy pork dumplings (2 pieces per person)
- Salt & pepper calamari
- Honey pepper chicken
- Sweet & sour pork ribs
- Black bean beef
- Stir fried mixed vegetables
- Steamed rice
- Soft drink

NOTE: Please advise us in advance of any food allergies.



Sample Timetable

A typical timetable runs as follows and can be tailored to suit the school's requirements:

10:30am to 11:30am	Kung Fu Class
12:00 noon to 1:00pm	Chinese Lunch

Key Benefits

This excursion provides students with the opportunity to experience first-hand:

- Chinese martial arts including some invaluable self-defense techniques
- Stranger danger and anti-bully strategies
- Focus is on respect and discipline
- Sample traditional Chinese cuisine



SCHOOL INCURSION

An instructor can visit your school to conduct a workshop (or series of workshops), a talk and a kung fu demonstration.

This can be held as part of a cultural day or other special event that the school is running.

The cost is \$395 plus GST for a two hour session.

For more information, please contact us:



Cheung's Martial Arts Academy

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