

ABOUT SHIU LUNG & OUR INSTRUCTORS

Head instructor Robert Ardito has extensive training in Wing Chun Kung Fu. Robert trained privately for many years and also under Grandmaster Jim Fung of the world renowned International Wing Chun Academy in Sydney.

Level 1 Instructor Frank Bartulovich has trained with the Academy since its inception in 2004. Both Instructor Robert and Frank continue to train extensively, passing on their skill and knowledge to each student.

Recently, Instructor Robert broke the Guinness World Record for "Most Punch Strikes in One Minute" with an amazing effort of 805 punches. This record could not have been achieved without the relaxation techniques that Instructor Robert learnt in his Wing Chun training.

NEWS

805 punches



Robert Ardito has regained his place in the Guinness World Records.
Picture: ANNKA ENDERBORG

in 60 seconds

Liz McDougall

ROBERT Ardito has regained a world record that packs a punch... well 805 of them to be exact.

Having held the world record for the highest number of punch strikes in a minute in 2007 Robert, of Narrabeen, learned last year that an American martial arts master had broken his effort.

He set a world record of 713 punches.

"I was very excited when I found out my record had been beaten as I

knew this would lead me to train hard to achieve an extraordinary result," Robert said.

Which he did. Last month he completed 805 punches in a minute, a record this week verified by Guinness World Records.

The event was held at the International Wing Chun Academy, Sydney, with several witnesses and two independent martial arts experts.

"I truly believe that several years ago having been diagnosed twice

with cancer gave me such a new look at life which made me strive to fulfil all my dreams," he said.

Robert has held the Guinness World Record for this event three times. His initial record was in 2005 with 428 martial art punches a minute, a rate he has now almost doubled. It is something which almost is beyond belief until you see him in action.

"My martial art punch strikes per second are now averaging approximately 13.5 punches a

second for 60 seconds, but I know I can do even more. Wing Chun teaches you relaxation, skill and mind power, which can increase your speed reflex and focus and how to overcome brute strength with minimal effort."

Robert teaches Wing Chun on the northern beaches. Visit www.shiulungkungfu.com.au



Do you believe this is possible? Have your say. See our video of Robert Ardito in training, plus a link to an earlier record attempt www.mistydaily.com.au

TRAINING PRICES

Thursday Class (Per 10 week term)—\$150.00

Thursday Class (Casual per class)—\$20.00 each

Private Lessons (One-on-One) - \$55 per hour

Compulsory Annual Membership & Insurance — \$60

Please note that all fees are payable in advance. Contact Instructor Frank on 0405 611 592 to arrange a booking.

EQUIPMENT & UNIFORM

All protective equipment can be ordered through the Academy. If you need protective equipment, please speak to Instructor Robert and arrange an order to be placed.

***Basic Training Pack \$210**
(pack includes arm, hand and shin guards, focus mitts, rubber knife in a sports carry bag)



***Sparring Pack \$310**
(pack includes heavy duty leg protectors, chest guard, groin guard, mouth guard and leather gloves in a sports carry bag)



The uniform worn at the Shiu Lung Wing Chun Kung Fu Academy consists of the below items:-

Shiu Lung Wing Chun Academy T-shirts \$26
Black Kung Fu Pants \$40

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TRAINING INFORMATION

INSTRUCTOR IN CHARGE

Instructor Frank Bartulovich

LOCATION

Brookvale Public School Hall
Old Pittwater Road, Brookvale NSW 2100

TIME

6:30PM to 7:30PM

2010 DATES

To be confirmed... Please check www.shiulungkungfu.com.au for details

Class will be run during NSW state school terms only and will not run during school holiday periods.

Private classes will run all year for those wishing to train during the holiday periods

SHIU LUNG WING CHUN KUNG FU ACADEMY—The Home of Wing Chun on the Northern Beaches

Thursday Structure

The class is open to senior students (ages 13 and above) of any standard of Wing Chun.

The focus of Thursday night class is Wing Chun theory and technique.

Beginners are welcome!

What we cover in the class:

- Warm up & stretches
- Sil lum tao form
- Stance work
- Relaxation techniques
- General Wing Chun Techniques
- Application of techniques to real life simulated situations (practical self-defence techniques)
- Focus on Chi-Sau “sticking hands”
- Questions and answers

Classes are conducted in a friendly and non-confrontational environment. Students can train at their own pace. The Instructors will assess all students during class in order for promotion to higher grades and more advanced techniques.

小龍功夫

Shiu Lung Wing Chun Academy is proudly sponsored by:

United Cinemas Warriewood

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SATURDAY WORKSHOP

OPEN TO ALL SHIU LUNG & WING CHUN STUDENTS

Students that wish to test their Wing Chun ability in semi competitive sparring should attend our special Saturday monthly workshops. These workshops are specially designed to focus upon practical application of Wing Chun techniques learnt in private lessons and Thursday classes.

Advanced students are free to choose between sparring or advanced techniques.

Please note that students must bring protective equipment. All equipment required can be found in the new Sparring Pack.

Please refer to the “Workshop Information” leaflet for more information or speak to your Instructor.

WING CHUN HISTORY

Wing Chun is one of the youngest and most contemporary styles of Kung Fu, having been constantly refined and adapted over its 300 years of existence.

Considered to be one of the three great martial art styles of Southern China, it was founded during the Qing Dynasty by a Buddhist nun, Ng Mui, of the famed Shaolin Temple. Ng Mui, one of the top five fighters of the day, aimed at designing a more effective fighting method which did not rely on brute strength to be effective.

Wing Chun differed greatly from other Kung Fu styles of the time in its theory, the structure of its movements and means of generating force. It was not based on imitation (such as directly copying animal movements), but on natural, scientific laws, eliminating unnecessary movements to overcome and generate force in the most efficient way.

Over the years, Wing Chun was handed down to only a small number of dedicated students. Yim Wing Chun taught it to her husband, Leung Bok Chau, who in turn passed on the knowledge to Leung Yee Tai and Wong Wah Bo. Leung Yee Tai taught his son, Leung Bik, and Chan Wah Shun. Both of these practitioners

taught Yip Man, who went on to become a legend in martial arts circles and is still spoken of today.

Grandmaster Yip Man is credited with having rescued Wing Chun from having been wiped out in the Chinese Cultural Revolution by migrating to Hong Kong in 1948 and introducing the style to the general public. Renowned as a teacher and an invincible fighter, he is considered to have refined and further perfected the system.

Grandmaster Chu Shong Tin was one of Yip Man’s earliest students, having commenced his training in 1951, and became one of his main instructors. Acknowledged during his early years as the ‘King of Siu Nim Tau’, he is today the world’s leading authority on Wing Chun Kung Fu.

Grandmaster Jim Fung, who became Grandmaster Chu’s student in 1960, was one of the very few Wing Chun practitioners throughout the years who learned the entire Wing Chun system and reached the level of ability and understanding to be recognised as a Grandmaster.

Head Instructor Robert Ardito trained directly under Grandmaster Jim Fung and is able to pass down to all his students principles of Wing Chun that can be traced back to its originators.

(article source: www.wingchun.com.au)

THE FIVE PRINCIPLES OF WING CHUN

These simple principles of Wing Chun apply to all techniques you will learn.

- 1. Simplicity**
- 2. Directness**
- 3. Practicality**
- 4. Economy of Movement**
- 5. Minimum Use of Brute Strength**

Techniques are all easy to learn and do not require a lot of athleticism and strength. This means that Wing Chun is suitable for all walks of people regardless of size, age and gender.