



**Chinese Martial Arts, is a shining pearl in Chinese traditional culture. Traditional Kungfu is used for physical fitness and self-defense. Modern Wushu comes from the traditional Kungfu, adding benefits such as competitive competitions, performances, exchange of skills, self-cultivation and sentimental cultivation. There is no distinction between young and old in Wushu exercise, especially to cultivate youth's healthy will and spirit of advocating literature and martial arts.**



**Fan Wang, the Head Coach of Maple-China Wushu Club(Canada and Ontario registered Wushu Club), the Coach of traditional Chinese Wushu with the qualification certification issued by the Chinese Wushu Association in 2002. In 2003, Fan got his National Wushu Coach Certificate and Ontario Qualified Wushu Judge in Canada. He practiced Wushu since he was six years' old from the National Wushu Coach Yu Lihao proactising Chinese Kungfu Wushu Barehand Taolu, Short Weapon Taolu, Long Weapon Taolu, Traditional Taolu-Mizong Quan and Traditional Weapon Taolu. He was the regional Championship of Wushu Long Weapon Stick, the Liaoning Provincial Wushu Championship.**

**Maple-China Wushu Club training content includes:**

- ◆ **Wushu Taolu: Barehand and Weapons including Daoshu, Gunshu, Jianshu and Qiangshu. The routines follow the competition routines of the Wushu Association. Participate in domestic and international competitions.**
- ◆ **Traditional Wushu routines: Mizongquan, Nanquan, Ditangquan, Taijiquan, Baguazhang, Tanglangquan, Bajiquan, Tongbeiquan. Traditional Wushu focus on the cultivation of Kung Fu. Participate in domestic and international competitions.**

**Training Schedule and Location:**

**Location: St. Andrew School in Barrhaven. 201 Crestway Drive, Nepean**

**Competition & Pre-Competitive Group:**

**Monday & Friday, 6:30pm - 8:30pm 2 classes per week**

**Recreational Group :**

**Thursday, 6:30pm - 7:30pm & 7:30pm - 8:30pm 1 classes per week**

**Training requirements: sports trousers, sports shorts or long shirts, flat rubber shoes or martial arts shoes. Girls with updos.**

**[Registration Form, click here](#) OR Contact us for more details**

**Phone: (613) 255-2388**

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