

IRON RINGS SEMINAR - GUM GONG TI WAN

This is a unique opportunity to learn an empty hand form that has been formulated by Sifu Crabtree, comprising of various hand techniques, Tiger Fist and Chin-Na techniques.

Training with the 'Iron Rings' will give you an understanding on how to train your Kung Fu whilst using resistance/ weights. The use of weights has been used extensively throughout Kung fu history as a way to increase power, speed and conditioning.

Don't worry if you don't have your own rings, if you have ankle or wrist weights that will suffice, you will have an opportunity to use the Iron Rings on the day.

The Iron rings have been popularised as they are worn whilst the practitioner can practise/perform various sets or hand techniques.



The benefits of training with the Iron rings in Kung fu are:

- Increase in Power
- Improves speed
- Improving your 'Ging'
- Conditioning of the arms/wrists



IRON RINGS SEMINAR



WITH **JASON CRABTREE**
6TH DEGREE & LAU GAR GUARDIAN

SUNDAY 3RD APRIL 2016 12-4PM
CHINESE ARTS & CULTURE CENTRE
UNIT E4, STAFFORD PARK 15, TF3 3BB



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