

Plum Blossom International Federation

Grandmaster Doc Fai Wong

UK Seminars



Hosts: Hung Sing Martial Arts School, Norwich



Friday 11th April

Choy Li Fut Instructor Training
Dau Fu Bot Gwa Kuen
(Dual Tiger Form) (10 - 1 pm)



Saturday 12th April

Choy li Fut Student Training
Siu Hung Kuen (10 - 2 pm)
Five Animals Fighting Techniques (4 - 6 pm)



Sunday 13th April

Tai Chi Student Training
Straight Sword Techniques (10 - 12 pm)
Reversed 24 Step Form/ Correction (2 - 4 pm)



Monday 14th April

Tai Chi Instructor Training
Da Lu Push Hands Training (10 - 12 pm)
Tai Chi Flute Form (2 - 5 pm)

Reservations Available Now: Contact Sifu Niel Willcott
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