



# FITNESS, HEALTH SELF DEFENCE

## Improve Sporting Performance

WU DAO GONG ACADEMY SINCE 1999

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"Since starting WU DAO GONG about two years ago, I have never felt better physically or mentally. I find I am generally more relaxed, am able to cope with stress better, and of course feel more confident about being able to defend myself if the need ever arises. The people involved are all very friendly, making it very enjoyable to go to training sessions."

- John, Air Force Officer

### WHAT DOES WU DAO GONG MEAN?

WU DAO GONG incorporates many traditional health, meditation, energy cultivation and martial systems. Fei Wang is a traditional Chinese medical practitioner and is an heir to this highly developed system. At first, Fei Wang studied medicine for two years with his teacher who himself was a scholar, a traditional Chinese medical practitioner and a very accomplished kung fu master. One day, his teacher asked if he would like to learn kung fu. Fei was surprised at first because his bespectacled teacher was a slightly built learned gentleman. To Fei's surprise, he performed a one handed stand on a rope fence. Amazing for a seventy-two year old!

#### WU:



Wu refers to the inspiration we need to find in order to do well at any task in life.

#### DAO:



DAO means the way. In the context of the training, it means the methods and procedures we follow to change and develop the mind and body.

#### GONG:



GONG is the result of consistent quality effort over a period of time.



## WU DAO GONG

### INTERNAL MARTIAL ARTS

#### the path of inspired power

**10-week course:** \$240 - (GST included)

**Ages 14 to 17:** \$180 - (GST included)

We welcome payment by cash, cheque or credit card - M/C, Visa, Amex.

- First lesson is obligation free.
- Classes are 1 hour 30 minutes.
- Bookings are not necessary.
- Wear comfortable clothing and flat soled shoes.

**Safe and friendly learning environment.**

**Experience counts - 19 years in Canberra!**

### Beginners' Courses in 2019:

- Tues 5 Feb to Thurs 11 Apr
- Tues 30 Apr to Thurs 4 Jul
- Tues 23 Jul to Thurs 26 Sep
- Tues 15 Oct to Thurs 19 Dec

**Forrest** Tues 6pm  
Wesley Centre Gym,  
behind the Rydges Hotel,  
corner National Circt & Fitzroy St

**Aranda** Thurs 6pm  
St. Vincent's Primary School Hall,  
Bindel St

**Bonus Offer:** You may attend both classes per week at no extra cost

#### Money Back Guarantee

If, within 30 days of joining in the internal martial arts program, you are not satisfied with the training, your fees will be refunded in full.  
We are very confident that you will enjoy what you learn!



Improve the quality of your life through strengthening the body, cultivating the mind and nurturing the spirit.

Students who practise these methods are amazed at the changes they experience physically, mentally and emotionally.

*"Since beginning WU DAO GONG training, I have felt physically fitter than when I participated in and practised other sports in the past. I feel stronger and have much more energy. It has improved my self confidence, which has helped to develop a positive energy in other aspects of my work and private life."*

**- Lynn, Public Servant**



## WU DAO GONG : THE PATH OF INSPIRED POWER

*"WU DAO GONG is an internal Chinese martial arts system which develops mind, body and spirit. It is inspired by the rich philosophies of Buddhism and Taoism that teach balance and harmony. Combined with the ancient knowledge of Chinese medicine which promotes health and well-being, and the disciplines and skills of internal martial arts, WU DAO GONG displays power, confidence and artistry. It draws on the finest methods of internal and external disciplines that have been refined for thousands of years by many great masters. All of these features make for a well rounded system of personal growth – a way to live a healthier and happier life, bringing the spirit of optimism to everything we do."*

**- CHIEF INSTRUCTOR BRETT WAGLAND**

## WHY IS THIS TRAINING UNIQUE?

This type of training differs greatly from a gym type workout or a purely fighting system as it works in a holistic and integrated way. The sinews and joints are loosened and then strengthened. The muscles are toned. Gradually, the internal organs are affected and even the bones become stronger. The mind is trained to relax and to develop the ability to focus clearly, even under pressure.

## BENEFITS THAT YOU CAN EXPECT:

- stronger back, more flexible joints & tendons
- increased strength, stamina & energy
- improved posture & coordination
- greater confidence
- a feeling of well-being which carries the day
- expanded clarity & awareness
- a sense of centredness, calm & peace
- robust internal energy
- development of speed & martial power



## WHAT DO WE TRAIN?

The WU DAO GONG system is based on the principle that stability and growth need to be supported by a deep, strong foundation. Training starts with loosening tension from muscles, joints and sinews. Various practices are taught to calm the mind and improve concentration and relaxation. Methods using punching and kicking develop balance, coordination, concentration and power. The legs form the physical roots of the body. According to Chinese medicine, the legs also influence the energetic roots of the body's health and vitality.

The training process teaches and develops an integrative strength, that is, we are taught to use the whole body – tendons, joints, muscles and mind – in a synergistic way. Its body conditioning is truly amazing and is second to none. The system trains mindfulness to higher levels and fine tuning the nervous system. This method produces deeper levels of satisfaction and well being.

Some of our students are experts in health professions such as physiotherapy, osteopathy, traditional Chinese medicine, western medicine, psychology and psychiatry. All agree that this is a very deep and comprehensive system for training the whole person.

