



## ***Wing Chun Kung-Fu***

**Where self-defense becomes second nature**



**Men:** Do you realize that as a man over forty, you are 5 times more likely to become a victim of violent street crime? Especially if you are established and high profile.

However, there is a system of self-defense that you can learn in your forties, fifties and beyond that will give you the skills and self confidence to be able to protect yourself and your family in most situations.

Wing Chun Kung-Fu was developed in China by Buddhist nuns and it is extremely effective. It specializes in highly efficient close range combat.

**Women:** Women are frequently victims of violent crimes. Don't become a victim. Learn Wing Chun Kung-Fu. Because Wing Chun was developed by women, it is the perfect self defense system for a woman to learn.

Men and women of all ages can learn Wing Chun. Moreover, this art can be practiced not only for self-defense, but also for health and well-being.

Sifu Alan Lamb is from England. He is a Hong Kong trained master of Wing Chun and Chi Gung energy healing, with over 30 years of teaching experience under his belt.

Sifu Lamb is available for private instruction. Alternatively, morning group classes in Wing Chun will be available in La Canada commencing January 2013.

**For more information call Sifu Lamb at: 818-841-4430.**