



# ***INTENSIVE TRAINING CAMP***

***Turbo-charge your training with a full-on weekend***

***With Sifu Dana Wong***

**Friday, 19 May—Sunday, 21 May 2017**

**Rowallan Recreation & Adventure Camp**

**Off Mt Charlie Rd, 6 Kent Rd Riddells Creek, VIC**

**Cost: \$225\*pp** (\*mem price)— **inc. all meals\*\***, accommodation, training **and commemorative souvenir camp t-shirt.** (\*\*1st meal— Saturday breakfast)

All participants **must** provide their own transport and bring the following: Pillow, sleeping bag or linen and blanket(s), toiletries, toilet paper, towels, training clothes, runners, sun hat & sunscreen, a pair of kali sticks, training knife and eye protection (goggles or safety glasses).



***Don't miss this opportunity to tap into Sifu Wong's vast martial arts experience and knowledge. Highlights of this camp will include:***

***\* Wing Chun Sensitivity Drills \* Qigong & Meditation \* Flow Drills \****

***\* Stick and Blade Concepts \* Fighting Applications and more!***

A deposit of \$60 (non-refundable) is required, with any balance due no later than 5 May 2017. **Note:** If deposit is not made by 31 March, your Camp T-Shirt cannot be assured. Previous camp tees became collector's items, so don't miss out!

If you have any special dietary requirements, allergies, etc., you must inform us at the time of your deposit so we can accommodate your needs.

Family members and/or friends **not** wanting to train, but wishing to partake of the atmosphere and facilities are welcome to attend at a reduced fee (available on request). Nature trails, low-ropes course, night discovery trail, zip line, adventure playground (for the young ones) are available on the grounds. Archery is also available for an additional fee of \$10.

***These camps are a great way to enhance your skills—BOOK NOW!!!***