

MARTIAL ARTS GYM

24-26 BOTANY RD
REDFERN-ALEXANDRIA
0423 610 695



WING CHUN KUNG FU was created and developed in the southern Shaolin Temples of China over 400 years ago. Although there is still evidence of the five animals in Wing Chun (the five animal styles are the predecessor of all systems) it is considered the first of the human systems and is soundly based on logic, economy of movement and leverage.

Wing Chun is more than just a system of Martial Arts, it is really a lifestyle where you live by the codes of family, honour and loyalty. The development of your skills and talents are of the utmost importance.

Training is challenging and enjoyable. Many of us have experienced training in schools where the instructors have their own agenda. I have personally experienced that disappointment and discouragement until finally I found a school that cared. I remained there for 25 years.

So I make a promise to you that every instructor including myself, is totally devoted to your progress, your safety and your well being.

Sincerely, Sifu Rick Spain

RED BOAT
KUNG FU
EST 1986

Red Boat Kung Fu Global HQ
Founder and Chief Instructor

REDBOATKUNGFU.COM
REDBOATUNIVERSITY.COM

CLASS TIMES

MONDAY

12:15: WING CHUN
5:45: WING CHUN
6:45: SPARRING
7:15: WING CHUN

TUESDAY

5:45: KICKING CLASS
7:00: BJJ FOUNDATIONS

WEDNESDAY

12:15: WING CHUN
5:45: WING CHUN
6:45: SPARRING
7:15: WING CHUN

THURSDAY

12:15: BJJ
5:45: BJJ
7:00: WOMEN'S CLASS

FRIDAY

12:15: SPARRING
6:30: WING CHUN

SATURDAY

9AM: FITNESS CLASS
10AM: WING CHUN
11AM: KIDS KUNG FU

SUNDAY

9:30AM: BJJ

BEGINNERS ENCOURAGED
NO EXPERIENCE NECESSARY

FREE TRIALS AVAILABLE
ALL AGES WELCOME

OVER 55'S CLASSES
AVAILABLE
TUES & FRI MORNINGS
10AM

KIDS CLASSES 5-12 Y/OLDS
ADULT CLASSES 15-65 Y/OLDS

ALL CLASSES FOR ADULTS
EXCEPT SATURDAY 11AM

WOMEN'S ONLY CLASS
THURSDAYS 7PM
ALL OTHER CLASSES MIXED

RECOMMEND ANY
WING CHUN CLASS AS YOUR
INTRODUCTORY CLASS
(UNLESS ONLY INTERESTED
IN BJJ)

FRIENDLY PEOPLE
SERIOUS TRAINING

LONG HISTORY
ESTABLISHED 1986
IN SURRY HILLS