

BREAKTHROUGH MARTIAL ARTS

VERNON WING CHUN KUNG FU ACADEMY

Summer 2025



Wing Chun Class with Sigung

Tuesday, July 15th

Don't miss this special Adult Wing Chun class with Sigung & Sifu. Open to all levels.

7:00-8:00pm

Breakthrough Potluck BBQ

Saturday, July 26th

Let's get together for some fun in the sun! Bring some snacks/drinks to share, your Frisbee, football, sun screen, and your whole family! We'll take care of the burgers, hotdogs, and fixins!

No regular classes this day!

Paddlewheel Park

11:00am



Kids Sparring Workshop

Wednesday, Aug 20th

Open to RSK's and XT's of all belts and experience levels. Learn fun and safe sparring drills and strategies. Price includes head gear, gloves, and shin/foot guards.

Ages 7-13

4:30-6:30pm

Register by Aug 1st - \$199



Dragon Pole Workshop in the Park

Friday, Aug 22nd

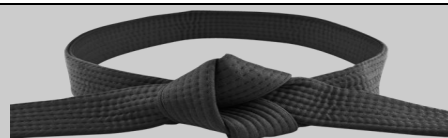
Join Sifu for a special introductory workshop focused on the Wing Chun Dragon Pole form and applications. Price includes 6ft rattan bo-staff.

Ages 14+

Sawicki Park

6:30-8:30pm

Register by Aug 1st - \$89



RSK & XT Monthly Themes:

July = Street Proofing - Black Stripe
Stripe Testing = July 29th - Aug 2nd

Belt Testing = Sat, Aug 2nd - 1pm

Aug = Sub. Grappling - White Stripe
Stripe Testing = Aug 26th - 28th
Belt Testing = Sat, Sept 6th - 1pm

Wing Chun Monthly Themes:

July = Self Defense

Review Week = July 29th - Aug 2nd

Aug = Chi Sao

Review Week = Aug 26th - 28th

Special Teams

Assistant Instructor Team Training

Saturday, July 19th

1:00-2:00pm

Upcoming Closures

Saturday, July 26th (BBQ)

Saturday, Aug 9th (Sifu's Away)

Saturday, Aug 30th (Labour Day)



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