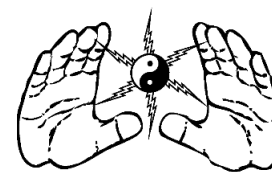


Lightning Hand Academy of Wing Chun Kung Fu

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Find Your Center

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What You Need to Know

- Come prepared to share a little about your background and goals for Wing Chun training.
- We rent time slots from other organizations to keep costs down for our students. Our Downtown Milwaukie locations is rented from Body Rescue Coach (formerly Body Rehab Gym).
- We suggest that you try the class out before making your decision to train with us.
- We do not require any uniforms, sashes & testing fees, or contracts. But you can buy swag if you wish.
- We teach in a mixed level environment in order to give new students the best possible edge when it comes to group knowledge
- We teach both internal and external applications of Wing Chun.
- Class dues are to be paid by the 5th of each month.
- Park in the back-parking lot of the Body Rescue Coach (formerly Body Rehab Gym) building and use the Door with stairs leading up to enter the practice space.

Your First Class

- Wear comfortable clothing for active movement.
- Bring a sweat towel.
- Bring a water bottle full of water.
- Street shoes are not allowed in practice spaces. You can train barefoot, with socks, or with mat / kung fu shoes. No shoes are allowed at the Downtown Milwaukie practice space as per the agreement we have with the business.
- If your schedule changes and you are running late or cannot make it to class, please notify Sifu Ray before your absence or tardiness at 503.953.2966, Text works best.
- Please show respect before entering the training space by bowing (ask Sifu if you need a demonstration).
- The first lesson usually introduces a new student to the first 1/3 of the Si Lim Tao, basics of punching drills, footwork, and application.