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Tat wong kung fu academy

Learn martial arts and self-defense from the Masters, Sifus, and Black Belt Instructors from the Tat Wong Kung Fu & Kickboxing Academies in San Francisco, San Mateo and Concord, California. We offer the best of martial arts with kung fu, kickboxing, self-defense, and adult fitness training, in classes that are specifically designed for the mature student. Adult Kung Fu Classes for teens and older From the beginning introductory lessons, through our beginner kung fu classes, our curriculum guides students step-by-step through the technical material. The ongoing beginner, intermediate and advanced classes teach adult students not only the traditions of chinese martial arts, but practical self-defense strategies, and all the movements, intricacies, and applications of the many Kung Fu techniques and forms. Students also get to learn many Chinese Martial Arts weapons forms, including the shaolin staff form, mui-fa staff form, tiger-tail sword, and kung fu spear, and there are many more. This means students become more coordinated than most could imagine and this all translates into a happy and confident students, Cookies & Privacy ((memberPortalDetails.gdpr.gdpr.txt)) ((memberPortalDetails.about.about.txt)) We've detected that JavaScript is disabled in this browser. Please enable JavaScript or switch to a supported browser to continue using x.com. You can see a list of supported browsers in our Help Center. Help Center Copyright © All rights reserved. Made by Peter de Groot Tat Wong Kung Fu Academy of Middletown, CT has been providing martial arts instruction for over 20 years. Sifu Daniel Ostrow heads the school. The Academy is affiliated with the Kung Fu and Kickboxing Center in California, founded by Master Tat Mau Wong. The Curriculum concentrates on fitness, skill, coordination, speed, confidence and discipline, all synonyms for Kung Fu. Classes include conditioning, techniques, performance skills, self defense, flexibility, sparring and the heritage and traditions of Kung Fu. All ages, skill levels, fitness levels and experience are represented. We have black belts from 11 to 63 years young. The Chinese Kung Fu Academy was established in 1958 and offers training in Kung Fu and Tai Chi. Today we continue to teach a unique and practical fighting style. Henry Sue's Circular Tong Long is a system of fighting that utilises devastating power and incredible speed. Enter into a training program of Kung Fu or Tai Chi that is challenging, promotes self-discipline, and keeps you motivated. Through your training you will learn an incredible skill, increase your fitness and gain better health in a safe environment. Close Skip to content Free credit every month! Wong Fong Academy, an educational institute in the Continuing Education and Training (CET) sector, is committed to provide quality skills training across all industrial sectors in Singapore. Our courses are designed, planned and conducted by a team of trainers with vast experience in their respective fields. The Academy engages with regulatory bodies to ensure that the courses we develop are both current and relevant. At Wong Fong Academy, we believe that everyone has a part to play in ensuring safety at the workplace. We strive not only to transfer skills and knowledge, but to nurture in our learners an attitude of taking personal responsibility for safety. By doing so, we hope that they can make a significant contribution to safe work practices in their workplace Read more Wong Fong Academy FAQ Education Administration Programs Cookies & Privacy ((memberPortalDetails.gdpr.gdpr.txt)) ((memberPortalDetails.about.about.txt)) Never settle for second best. Tat Wong Kung Fu Academy in San Francisco, San Mateo, and Concord California is your best choice for martial arts and self-defense training. With our modern teaching philosophy, combined with traditional Choy Lay Fut Kung Fu, kickboxing, and Chinese wrestling, our students get in great shape and learn real martial arts and self defense. They also receive a wide variety of benefits that only a good school can offer. Classes are fun and adrenaline filled and provide an interesting workout; much different from a simple treadmill or cardio classes. Whether you're looking for children's classes or adult classes, the Tat Wong Kung Fu Academy is your best choice for martial arts and self defense training. Professional Instructors At Tat Wong Kung Fu Academy, we've been passing on the skills of Kung Fu and helping thousands of students achieve their goals in martial arts for over thirty years. Our professional instructors, many of whom are now Masters and high ranking Sifus themselves, along with other dedicated Black Belt Instructors, receive continual guidance from Grand Master Tat-Mau Wong. Meet our top instructors in the California academies and see our affiliates page for authorized affiliated locations outside of California and the USA. Physical Fitness & Self-DefenseAt any of our locations, you'll learn the Kung Fu forms that exercise your body and mind, while learning self-defense and how to kick, punch, and block properly. Students love the padwork and the intricate applications of the forms and how interesting a work-out it is. Getting in shape is fun here with us! Use your training to help keep you safe, for weight control or for overall health benefits because you will gain coordination, balance, strength, flexibility, and self-confidence. This workout engages students both young and old in a way that is unparalleled in any other sport. Contact us at one of our Tat Wong Kung Fu and Kickboxing Academy locations for more information regarding registration, instruction and training.San Francisco: 415-752-5555 San Mateo: 650-341-9292 Request More Information Tat Wong Kung Fu Academy in San Francisco, San Mateo, and Concord, California offers martial arts classes for children with specialized kid's Kung Fu and self-defense classes. Our Children's martial arts training program helps your child improve their confidence and physical strengths with our Kung Fu Kids classes for kids of all ages. We also focus instruction on valuable self-defense skills and strategies, as well as traditional martial arts qualities that help children become more focused, respectfull, and disciplined. For extra training in self-defense Kung Fu kids also have the opportunity to attend special self-defense seminars we offer students and as well on special occasions with a family member on our special mother's day and father's day self-defense work-outs, for example. For our intermediate and advanced Kung Fu kids we offer specialized seminars in specific areas of kung fu to hone their skills in self-defense applications, performance and competition techniques, lion dancing, and the traditional chinese martial arts open-hand and weapons forms. Students have the opportunity to learn the kung fu weapons forms from shaolin staff, tiger-tail sword, mui-fa spear, and more. We've structured a class curriculum that makes learning Kung Fu and self-defense fun while at the same time helping your child become healthy and fit, and more disciplined, focused, confident, and safe. More about our Kid's Kung Fu Classes Our Kids Kung Fu classes are taught by patient, encouraging, and highly skilled instructors so that children feel safe and happy to learn. Soon our Kung Fu kids gain the skills and benefits of Kung Fu increasing their focus, coordination, stamina, and overall confidence, which helps them in school and in life. Each age group has a specialized curriculum that includes a step-by-step progression of self-defense techniques and kung fu skills. Students can also choose to gain more experiences in the traditions of Chinese Martial Arts by participating in workshops and extra-curricular activities such as parades, martial arts tournaments, performances, and Chinese lion dancing. Many of our young students have achieved awards in a range of martial arts competitions locally, nationally, and internationally. Others have also had the fun and experience of performing for local events and televised productions. Essentials for martial arts Starting right from our introductory class, children and their parents gain insight into how we teach and get a great feel for the school's positive environment. Our curriculum in the on-going kung fu classes then guides children step-by-step through the technical material to develop their martial arts abilities in self-defense and traditional Kung Fu so they can improve their physical fitness, coordination, balance, strength and flexibility. For students who are not inclined towards team sports, the chinese martial arts taught at the Tat Wong Kung Fu Academy offers a great alternative. Often, children who've not been previously interested in sports are intrigued and interested in our kung fu training because of the comradesie our Instructors develop and because Kung Fu is unique and interesting mentally and physically. Kung fu is also interesting and unique for children who are athletic in other areas because kung fu helps increase coordination that will support improvement in other sports. Children not only learn the martial arts skills of kickboxing, self-defense, and traditional kung fu forms, they learn how to set and achieve goals, and how respect, focus, and discipline are important. Students' improved coordination translates into higher levels of confidence which in turn benefits all of their endeavors. With the great support from our professional instructors and staff our kung fu kids not only get in great shape they also learn to integrate the school's philosophy of Integrity, Kindness, Wisdom, and Bravery, into their lives. Ages Our kids Kung Fu classes range from our Tiger Team classes for ages 4 through 7 to the Juniors Kung Fu classes for kids ages 7-12. Teens age 13 or 14 and up normally attend our Adult classes. Classes for children are then organized by skill level - kids beginner classes, intermediate, advanced, and black belt classes - are offered at convenient times throughout the week and on weekends. Your child will develop concentration, discipline, and respect, while building coordination, physical fitness, and self-defense skills in our safe, fun, and positive environment. Introductory kung fu and self-defense classes are scheduled at many convenient times throughout the week. Special work shops and seminars for self-defense and other areas of the training are also offered by age and level throughout the month and year. By training in martial arts, you'll develop unwavering confidence and heightened self-esteem. With those skills, Tat Wong Kung Fu also instills the importance of having moral integrity above all else. The skills and life lessons learned at Tat Wong Kung Fu will make a difference in all aspects of life, here in the East Valley of Phoenix or wherever life takes you. Tat Wong Kung Fu Academy is a Martial Arts School offering Kung Fu classes in Middletown, CT for kids, men and women. Tat Wong Kung Fu Academy is Located at 42 Washington St. View a Location Map, get Directions, Contact Tat Wong Kung Fu Academy or view program details below. If you are a student at this school, help your local Martial Arts Community by writing a Review of Tat Wong Kung Fu Academy. You can also help your school by sharing it on Facebook, Twitter, Google+, Pinterest etc. Page 2 Rss Feed of Dojo Updates Home » Connecticut » Middletown » Zip Code 06457 06457 is a Zip code in Middletown (Middlesex County). View Karate, Tae Kwon Do, Aikido, Judo, Jujitsu, Kung Fu, MMA and other Martial Arts Schools and clubs in Middletown. Also, checkout the nearby Zip codes: 06459, 06441, 06481, 06456. Find Kids Martial Arts Classes Near 06457 For a list of Martial Arts schools offering Kids Karate classes near you, please search using your complete Address. If you are associated with a Martial Arts School in Zip Code 06457, please make sure it is listed with dojos.info. Tat Wong Kung Fu Academy Lion and Dragon Dance The Chinese Lion Dance & Dragon Dance is a traditional part of Kung Fu training, and the Tat Wong Kung Fu Academy has been performing this exciting and colorful art with great expertise since 1983. Our Adult & Junior teams have won many National & International Lion Dance competitions. Our reputation for professionalism and the guarantee of a most dynamic performance have brought the Tat Wong Lion & Dragon Team performance opportunities from places as far away as Brazil, Canada, Las Vegas & many east coast states as well. The quality of the teams performance has made us repeat guest performers for television stations such as KTVU FOX Channel 2 & KTSF Channel 26, as well as for movie production companies such as 20th Century Fox and Paramount pictures. We have also been honored by the Chinese New Year Parade to hold one of the very few featured performance slots. Our performances have ranged from huge elaborate events such as corporate conventions, stage performances in Las Vegas, fashion shows, to birthday parties, store grand openings and weddings. As professionals, we are skilled at working together with you to ensure the best possible performance to suit your particular event. Book us for your event today! Tat Wong Kung Fu Academy, based in San Francisco, California, is a Kung Fu and Kick boxing training center with more than 30 years of experience. We provide dynamic martial arts, self defense courses, kung fu, and kick boxing for adult fitness, as well as rewarding child instruction with a class curriculum that is creative and fun to engage the younger student. Tat Wong Kung Fu Academy offers exceptional quality on kung fu training at affordable prices. Contact us with any questions or comments about our classes and programs. About UsEstablished in 1983, Tat Wong Kung Fu Academy has been headquartered in San Francisco, California ever since Grandmaster Tat-Mau Wong came to the United States from Hong Kong after his years of growing up training, competing in full-contact kickboxing, and performing the traditional kung fu forms. Grandmaster Wong began his training as a child in Hong Kong with Judo, Tae kwon do, and his favorite martial art: Choy Lay Fut Kung Fu. Additionally Grandmaster Wong has practiced Tai Chi, Chi Gung, and Shuai jiao, and incorporates his full array of knowledge in the curriculum he's developed. With his deep knowledge, and skills of application in many settings, from the ring to the performance arena to the classroom, he is internationally respected as practitioner, teacher, and martial arts master. His goal upon moving to the USA was to help people of all ages, nationalities, and athletic abilities, benefit from martial arts training. Grandmaster Wong has taught thousands of students now since moving to the USA and has developed a professional staff of top black belt instructors. His top instructors, are themselves masters and kung fu 'sifus' now who have gained notoriety for being martial arts experts and revered teachers. This generation of Sifus and Masters available at the Tat Wong Kung Fu Academies along with the team of black belt instructors strengthens the core of ability that helps pass on Grand Master Wong's mission. Students of the Tat Wong Kung Fu Academy are able to gain a deep and well rounded martial arts education with the support of our devoted instructors. From self-defense training, to the traditional training in the Chinese martial arts of choy lay fut kung fu, to kickboxing drills, the experience is profound and rewarding. Tat Wong Kung Fu and Kickboxing Academy offers classes for kids, teens, and adults in San Francisco, San Mateo, and Concord California; where helping students achieve their martial arts, self-defense, and fitness goals is the priority. For other affiliated martial arts schools in the USA and South America see our Affiliates page.