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Starting in July, Kung Fu Boot Camps for men and women in Richmond, VA

Richmond, VA - Kung Fu Boot Camps for men and women (18 & up) begin in July at the Richmond Moy Yat Kung Fu Academy! No experience necessary - training is simple, as well as challenging, enjoyable and great for developing fitness and self-defense skills.

These boot camps are free to active members and parents of kids/teens students. For non-members, the rate is \$12 if paid online in advance, or \$15 at the door. For men, the first boot camps are [Monday, July 18 at 7am](#), and [Saturday, July 23 at 2pm](#). Women's kung fu boot camps are [Saturday, July 16 at 2pm](#) and [Wednesday, July 27 at 7am](#) - Click those links to register now - space is limited!

At these kung fu boot camps, you will:

- Get a great workout in the boot camp class and learn simple yet powerful exercises you can practice on your own.
- Learn principles and techniques of authentic Ving Tsun (wing chun) Kung Fu that are immediately effective for self-defense.
- Challenge yourself and grow your kung fu – sharpen your mind and train your body, develop discipline and confidence.

The Ving Tsun (wing chun) Kung Fu system was developed in feudal China to train men and women, in a short amount of time, how to win quickly and easily in physical combat. It's become one of the world's most popular martial arts in the world today because of its efficiency and effectiveness in fighting, and it's ideal for self-defense in American cities. It doesn't require size or strength, making it perfect for women and others of naturally smaller stature. And because it was designed to train people to be the toughest warriors, it's also great for developing your mental-physical health and life skill to your full human potential.

In the Kung Fu Boot Camp, you will learn and train the authentic foundational principles, details, techniques and training methods of [Ving Tsun Kung Fu](#), as taught in the [Moy Tung lineage of the Moy Yat Kung Fu family](#). You'll work hard, getting your heart and lungs pumping – Ving Tsun training is great cardiovascular exercise. You'll sweat and feel your muscles burn – this means you're getting the good kung fu conditioning.

And, the whole time you're working out, you're making yourself a better human being – better able to take care of yourself in a fight or life, along with the self-respect that comes from challenging yourself, and the humility that comes with realizing there's a whole lot more to learn. You may leave tired and be sore for a day or two, but you'll feel great, knowing you did something worthwhile and difficult, and you'll be feeling the power of the new kung fu you've developed.

We hold separate Kung Fu Boot Camps for men and women so you can focus on yourself and your kung fu. We'll be holding weekday morning and Saturday afternoon classes on a monthly basis. If you're currently an active student or parent of one, these boot camps are free.

If you're new to the school, you can do this program as an introduction to Ving Tsun Kung Fu training, or as something different to add to your regular exercise routine – for non-members, classes are \$12 if paid online in advance, or \$15 at the door, if space is available. If you're interested in learning more Ving Tsun than is taught in the Kung Fu Boot Camp, we'll be glad to talk to you about our regular training programs – you can become a martial arts expert in 2-4 years, and you have the opportunity to take your training to the highest level – master Ving Tsun Kung Fu and own your own school. For more info and to register, visit:
<http://www.kungfurichmond.com/moy-tung-kung-fu-boot-camp>