



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BALANCE. FLEXIBILITY. COORDINATION.

Gung Fu

WHAT IS GUNG FU:

Gung Fu consists of both armed and unarmed self-defence methods and is an traditional full body workout. The Gung Fu practiced at YMCA Anthony Bowen is Gaam Sing Kwoon a 7-Star Praying Mantis Gung Fu. Come join us in a friendly no nonsense environment where you are encouraged to learn at your own pace and enjoy the experience.

A journey of a thousand mile begins with the first step. Step in and begin your journey.

COST:

FULL MEMBER \$72per session

PROGRAM MEMBER \$90per session

WHEN:

Saturday 1:30-3:30pm

Location:

Carriage House II

BIO:

Sifu Othal Thomas is the founder and instructor for Gung Fu at the YMCA Anthony Bowen. He started his kung fu training in 1974, learning the basics of Jow Ga style at his high school martial arts club. He joined the Fu Jow Pai style and began training under Shi Fu Angelo Giboyeaux studying Fu Jow until 1985. He has received a Ng Kup level black sash, has trained in Seven Star Praying Mantis and Golden Lion Fist under Master Cheung Wah. Regarded by his peers as a purest, Sifu Thomas guards the best of his style and invests in it's future.



See Membership Services to Register today!

*For more information please contact Sarah.Johnson@ymcadc.org

YMCA Anthony Bowen

1325 W St Washington, DC 20009

202-232-6936

www.ymcadc.org