



It is an ancient Chinese tradition to practice Kung Fu outdoors for the health benefits of fresh air, sunshine, and being close to nature.

**Kung Fu in the Park** is a great way to get fit, healthy, and happy. We will be going all spring, summer, and fall from April to October.

Instructor Stefan Verstappen teaches in a relaxed and informal manner and tailors the lessons according to the fitness level and age of each participant.

### What you will learn:

- The best techniques and exercises from various martial arts styles
- The most practical punching and kicking techniques
- The most practical grappling and self defense moves
- The most graceful Kung Fu forms and routines
- The philosophy and history of martial arts
- Plus: 'Weapon of the Week' classic weapons of Asia

**Time:** Thursdays 7:30 – 8:30 plus 30min optional philosophy discussion.

**Place:** The Humber Bay Park East. This is a beautiful spot, plenty of parking, easy to get to, washrooms nearby, lake, ponds, walking trails, trees, and lots of wildlife.

**Directions:** Take either Lake Shore Rd. or Gardiner Expressway and exit Park Lawn Rd. south (Or exit 2 Lake Shore Blvd if coming from the east on Gardiner, then west on Lake Shore until Park Lawn.)



Go south past the Esso Station on Lake Shore Blvd until you see a giant Canadian flag.

Turn right on Humber Bay Park Road East and follow it until you see the parking lot on the right side.

Park at the far eastern end.

Look for a couple of white buildings and find the wooden step pyramid.

**Also a monthly bonfire and weenie roast on the beach!**

For more information visit:

[www.chinastrategies.com/kung-fu-in-the-park/](http://www.chinastrategies.com/kung-fu-in-the-park/)  
or email : [stefan@chinastrategies.com](mailto:stefan@chinastrategies.com)



### About the Presenter

*Stefan Verstappen is Canada's most experienced and knowledgeable martial arts instructor.*

*He was one of the first Canadians to travel to China where he spent 4 years training under two renowned Kung Fu masters.*

*He has written three books on China and the martial arts and dozens of articles for **Black Belt** and **Inside Kung Fu** magazines.*

*An instructor for over 30 years, Stefan has created instruction programs for children and the blind and has taught security and law enforcement.*

*Stefan's latest book is **The Art of Urban Survival***

