



2ND ANNUAL INTENSIVE TRAINING CAMP

A Full-on Training Weekend With Sifu Dana Wong

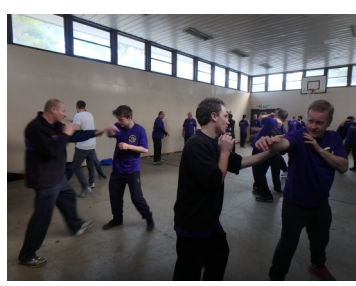
Friday, 18 May—Sunday, 20 May 2018

Rowallan Recreation & Adventure Camp

Off Mt Charlie Rd, 6 Kent Rd Riddells Creek, VIC

Cost: \$250*pp (*mem price)— **inc. all meals****, accommodation, training **and commemorative souvenir camp t-shirt.** (**1st meal— Saturday breakfast)

All participants **must** provide their own transport and bring the following: Pillow, sleeping bag or linen and blanket(s), toiletries, toilet paper, towels, training clothes, runners, sun hat & sunscreen, a pair of kali sticks, training knife and eye protection (goggles or safety glasses).



Don't miss this opportunity to tap into Sifu Wong's vast martial arts experience and knowledge. Highlights of this camp will include:

**** Sensitivity Drills * Qigong & Internal Energy * Flow Drills for Coordination * Weapon Concepts * SPECIAL— DaMoZhang training !***

A deposit of \$60 (non-refundable) is required, with any balance due no later than 3 May 2018. **Note:** If deposit is not made by 31 March, your Camp T-Shirt cannot be assured. Previous camp tees became collector's items, so don't miss out!

If you have any special dietary requirements, allergies, etc., you must inform us at the time of your deposit so we can accommodate your needs.

Family members and/or friends **not** wanting to train, but wishing to partake of the atmosphere and facilities are welcome to attend at a reduced fee (available on request). Nature trails, low-ropes course, night discovery trail, zip line, adventure playground (for the young ones) are available on the grounds.

These camps are a great way to enhance your skills—BOOK NOW!!!