

# SUNDAY WU GONG

## 武功



**Jonathan Snowiss, the Designated Future Heir to the Wei Tuo lineage.**

QI GONG 氣功 AND WU SHU 武術 (MARTIAL ARTS) COMBINED

MEANS **WU GONG** 武功

TAKE THE ROAD DOWN TO ATTAINING

# GONG FU 功夫

練武不練功，到老一 趟空。

*“Lian wu bu lian gong, dao lao yi tang kong.”*

“Practicing martial arts without the essence, ‘til old age you will still be empty.”

SUNDAY MORNINGS 10 – 11:30 IN CLAREMONT  
\$50 PER MONTH

For more information, please call Jonathan at 909.762.4495