# Shanghai Mantis Kung Fu Club



Announcement - June 15th, 2020

## Welcome Back!

I would like to warmly welcome everyone back to the Shanghai Mantis Kung Fu Club. It's been a long four months, and we are happy to finally announce that training will start up again this week. First class will be on Tuesday, June 16<sup>th</sup>, 19:30-21:00. Location and finer details to be released in wechat group.

# Pre-Season Training: June, July, August

Due to the global Covid-19 pandemic and considering current conditions in Shanghai, Mantis classes will practice safe social distancing for the next three months of classes. This means there will be NO two-person drills or applications that include any person-to-person contact for the next three months, or until conditions further improve. Consider this a Pre-Season Training Camp, and a chance to build general strength and conditioning levels. We will focus on physical conditioning, development of fundamental body mechanics, learn tactical patterns, study core forms, and introduce Mantis concepts/theory. In September we will move to normalized format with further integration of two-person drills, applications, and iron body conditioning.

# **Class Days and Times**

Regular classes will run Tuesdays and Thursdays, 7:30-9:00pm. Location TBD.

#### **Club Core Values**

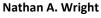
| Respect | Honesty | Responsibility | Courage | Equity |

## **Class Guidelines**

- 1. Be on time for class and be warmed up before class starts.
- 2. Wear appropriate training gear and footwear. Be sure your gear is clean.
- 3. If you have any underlying injuries train smart do not aggravate.
- 4. Bring your best attitude and energy. Leave your ego at the door.
- 5. Be respectful of your classmates and your environment.
- 6. No inappropriate or foul language before, during, or after class.
- 7. Be a good training partner and help your fellow classmates.
- 8. If at any time a training partner is making you feel uncomfortable talk to teacher.
- 9. Put in your best effort during class.
- 10. Most importantly HAVE FUN!

# **Wechat Group Communications**

Our wechat group is strictly for the purpose of sending/receiving updates on training times and scheduling. You may update your teacher if you are running late, cannot attend a class, or have an emergency. It is NOT a discussion group, no stickers, no spam, and no inappropriate content.



Chief Instructor, China

Luo Guang Yu Seven Star Praying Mantis Kung Fu



菩提达摩第二十八代

少林十八家拳法



罗光玉 1888-1944

#### Class Times

Tuesdays & Thursdays 7:30-9:00pm

#### Location

Former French Concession Area

# Contact

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