

Corporate Kung Fu, Self-Defence and Mindfulness Training



Corporate Kung Fu Training

Get healthy and fighting fit with our corporate kung fu, self-defence and meditation training programs. Class content is fun, informative, and practical with benefits that include increased mind-body health, reduced stress levels, and enhanced cognitive function. Appropriate for all levels including C-suite leadership, sales force and back-office staffing. Nathan brings 25 years of experience sharing traditional Chinese kung fu and mindfulness practices to people of all ages and abilities.

About Nathan

Originally from Calgary, Nathan previously lived in Shanghai for 25 years where he pursued a successful career in corporate finance, learned to speak Mandarin Chinese, and studied Praying Mantis Kung Fu under the tutelage of Master Kai Uwe Pel. Upon the retirement of his teacher in 2020, Nathan now represents the unique traditions of his family kung fu style in Canada.

The Tradition

Praying Mantis Kung Fu is a 400 year old tradition combining Ming dynasty combative practices, Chan Buddhist meditative health practices, and Neo-Confucian philosophical practices. The Luo Guangyu kung fu family style promotes an unique approach building martial skill, health and longevity, and self-transformation.

Kung Fu Classes

You will learn practical self defense skills covering all aspects of kicking, striking, grappling and throwing. Classes also cover combat patterns and footwork; two-

person flow drills, twelve keyword principles, tactical theory, iron body conditioning, strength and conditioning, and empty-hand and weapons sets. Classes are safe, inclusive and open to all abilities.

Mindfulness and Meditation Classes

Mindfulness and medication classes introduce you to a 1500 year old Chan Buddhist practice that teaches proper posture, breath control, and introspective mindfulness techniques that stimulate vagal nerve tone, enhance parasympathetic activation, increase brain oxygenation, improve gut and internal organ health, and promotes self-transformation through discipline and self-reflection.

Employee Benefits

- Reduced stress
- Improved sleep
- Improved health
- Increased energy
- Cognitive efficiency
- Emotional regulation
- Deeper interpersonal relationships
- Greater sense of work-life balance

Corporate Benefits

- Increased staff engagement
- Increased staffing positivity and satisfaction
- Better team dynamics
- Reduced absenteeism
- Reduced turnover rates
- Increased workplace loyalty
- Increased staff productivity
- Deeper sense of workplace connection and meaning

Enrollment, Times and Location

We are currently taking new corporate client enrollment for both Kung Fu, Self Defense and Mindfulness training. Short-term and long-term coursework is available. All classes are to held on-site at corporate client location. For enquirers see our contact information below.



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