

Choy Lay Fut Workshops

Choy Lay Fut Kung Fu combines martial techniques from both northern and southern systems. Powerful swinging arm techniques from Southern styles, combines with agile northern footwork make Choy Lay Fut a formidable fighting style.

Wu Dao Presents: Sifu Daniel Tomizaki
Saturday, January 21 and Sunday, January 22



Workshops

Saturday

The Ten Elements of Choy Lay Fut – Choy Lay Fut Kung Fu is founded on 10 core movements. To fully utilize Choy Lay Fut a martial artist has to thoroughly understand, and be able to apply them. This workshop will review all 10 elements and students will learn drills to practice them individually or with a partner.

Saturday 10:00AM-12:30PM

Choy Lay Fut Basics For Youth Students – Sifu Daniel Tomizaki will introduce students to basic Choy Lay Fut. During these workshops students will learn several Choy Lay Fut techniques, drills and combinations, and how to apply them in self defense situations.

Saturday - Children 2:00PM-3:00PM

Saturday - Juniors and Teens 3:30PM-5:00PM

Sunday

Choy Lay Fut Applications – To fully understand Kung Fu and be able to apply it, students must have a deep understanding of the practical fighting applications. In this workshop, students will review fundamental Choy Lay Fut techniques and learn how its movements can be used in self defense.

Sunday 10:00AM-12:30AM

Integrating Choy Lay Fut into Sparring – Students frequently revert to simple kickboxing techniques while sparring, instead of utilizing traditional Kung Fu techniques. During this workshop Sifu Tomizaki will work with students on applying Choy Lay Fut techniques to light and medium contact sparring.

Sunday 2:00PM-4:30PM

Cost:

Adult Workshops: \$75 per workshop.
Sign up for all three and \$200.
(7.5 hours of training)

Youth Workshops:

Children: \$30

Juniors and Teens: \$45

Register by December 31st and receive a
5% early registration discount



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About Sifu Daniel Tomizaki - Daniel Tomizaki was born and raised in Brazil. He started practicing kung fu in 1980 under Sifu Dirceu Camargo and Master Li Wing Kay, studying Seven Star Praying Mantis and Eagle Claw. He was the first student in Brazil to earn a Black Belt in Seven Star Praying Mantis. In 1989, he relocated to the USA where he started learning Choy Lay Fut under Master Tat-Mau Wong in San Francisco. He became a Sifu in 1997. He is also a black belt in Shuai Chiao under Master Li Wing Kay. Sifu Tomizaki was a very successful competitor earning 31 - 1st place medals in forms, weapons and sparring, 8 – Grand Championship awards, and multiple 4 Star International Grand Championships.

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