

ICCCI Chinese School **Martial Arts** Program

Instructor: Dr. Zhichao Ling. International Chinese Martial Arts Champion, and US National Karate Champion, and gold medal coach for multi-discipline martial arts. Founder, President and Master Instructor, **Ling's Oriental Martial Arts**.

Course: Chinese Kung Fu – Long Fist. Fundamental hand, leg techniques; Wu Bu Quan, and Long Fist Forms; Self-defense and applications.