



Press Release. Leichhardt School wins at NSW tournament

Praying Mantis Kung Fu Academy

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Nine students at Leichhardt's Praying Mantis Kung fu Academy have won **first, second and third places** in adult and school age categories at the National All Sports (NAS) martial arts tournament held last month.

The wins are particularly impressive considering the 250 plus competitors from the leading kung fu, karate, jujitsu and tae-kwan-do martial art schools in NSW, while the Praying Mantis school is relatively small and recently established.



Praying Mantis's Jack Wu, Isha Sofyan and Sam Allen came first in adult black-belt 'forms', first in adult broadsword and second in adult sparring categories, respectively.

Joanne Foo, Hao Yin, Derek Wu, Neil Soong, Kevin Lu and Benjamin Chin all came either first, second or third in their age group categories in 'forms' –a sequence of specific kung fu movements. Joanne also came third in broadsword demonstration.

Daniel Y.K Wang, a qualified kung fu master and founder/trainer at the Praying Mantis Kung fu Academy says, 'our students' skills have been recognised, but their real trophies are their own improved health, confidence, strength and agility.'

'Shifu' [or Master] Wang adds, 'the students have learned to cultivate diligence, dedication and discipline. These are life skills which can be applied in schoolwork, sport, and careers.'

Shifu Wang is a former kung fu senior instructor in the Chinese Army, specializing in close-contact bodyguard techniques. He is also a qualified medical doctor and acupuncturist in China. His martial arts 'lineage' traces back to his grandfather's 800-member strong kung-fu school in Shandong, China, where he began formal lessons from the age of eight.

Kung fu is part of the ancient culture of China. It has a rich and colourful history, which has branched into various forms and is still growing and changing today. The Praying Mantis style of kung fu was invented more than 500 years ago by a Shaolin monk named Wang Lang. The style was designed around the movements of the praying mantis, which possesses great ability in self-defence. 'Kung fu' actually means 'accumulation of work or training'. The correct word for the Chinese martial arts made popular in Bruce Lee, Jacky Chan and Jet Li movies is more correctly, '*Wushu*'.

The Praying Mantis Kung fu Academy was established in August 2000. It currently has more than 150 students of all ages and backgrounds in training at its Leichhardt facility, as well as

private classes at Epping Boys High School and public classes in Granville Primary School and at the Regents Park Sporting and Community Club.

With its impressive tournament wins this year, the Academy intends to send its best students to compete in China's first Olympic demonstration wushu competitions in 2008.

Ends

Attachment

Photo of some of the students and trophies at the Praying Mantis Kung Fu Academy, Leichhardt. Shifu Daniel Wang is near the centre.

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