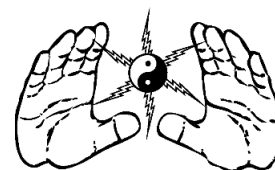


Lightning Hand Academy of Wing Chun

Kung Fu

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Find Your Center

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What You Need to Know— Orientations

- Orientations last approximately 15 - 30 minutes.
- Come prepared to share a little about your background and goals for Wing Chun training.
- Your orientation will happen at the location at which you will be training—to be determined during initial inquiry and orientation scheduling. Addresses for each location are available on the LHA website. We rent time at both our SW, and SE location. Our SE Stark location is rented from Portland Metro Arts, and our SW Barbur location is rented from Way of Life Taekwondo.
- Students usually participate in a class either before or after their orientation.
- Drop-in fee for orientation class is \$15.00.
- Lightning Hand Academy assesses a one-time \$10.00 application fee.
- LHA does not require any uniforms, sashes & testing fees, or contracts.
- Orientations are typically facilitated by Sifu Ray and/or one of the senior instructors

What You Need to Know— First Class

- All students must have had an orientation or have an orientation scheduled before attending their first class.
- Wear comfortable clothing for active movement.
- Bring a sweat towel.
- Bring a water bottle full of water.
- Street shoes are not allowed on the mat. You can train barefoot, with socks (recommended), or with mat shoes only worn inside.
- If your schedule changes and you are running late or cannot make it to class, Notify Sifu Ray before your absence or tardy.
- Please show respect before entering the training space by bowing (ask Sifu Ray or Sijie Nikia if you need a demonstration).
- The first lesson usually introduces a new student to the first 1/3 of the Si Lim Tao, basics of punching, three-star and five-star drills, footwork, and application.
- First month's tuition needs to be paid in full unless alternative arrangements are made with Sifu Ray. Payments can be made using cash, debit/credit, or check.