

## **COURSE PROSPECTUS FOR MARTIAL/HEALING ARTS INSTRUCTOR**

- **GOJU-RYU KARATE-DO DIPLOMA**
- **CHINESE INTERNAL KUNG FU DIPLOMA**
- **SHAOLIN GUNG FU**

This course has been structured for people wishing to gain insights into methods of training and study in the teaching of the Martial & Healing Arts. Karate students must attain the level of 1<sup>st</sup> Degree Black Belt before being eligible for license to teach within *Goju-Ryu Kakurin Kan Karate International*.

Successful completion of all prescribed components of this course is necessary for Instructorship within the *Chen Pan Ling International Foundation* in the fields of Tai-Chi, Ba-Gua, Hsing I or Shaolin Gung Fu.

### **COURSE CONTENT**

1. **TEACHING SKILLS**  
Structuring, Communicating and Psychology of Instructing.
2. **FUNDAMENTALS OF KARATE-DO**  
Strikes, Kicks, Stances, Movement, Basic Etiquette and Philosophy.
3. **HISTORY AND EVOLUTION OF MARTIAL ARTS**
4. **GOJU-RYU KATA**  
Movement and more important applications, classical principles and methods of generating power.
5. **KUMITE**  
Strategy and methods of training.
6. **FOUNDATION OF ORIENTAL MEDICINE**  
Shiatsu, Acupuncture, Cupping and Moxibustion, Dietary Energetics.
7. **TREATING MARTIAL ARTS INJURIES**  
Theory and structured clinical practice (includes preparing and applying herbal poultices, first aid and resuscitation).
8. **BREATHING METHODS**  
For Martial Arts and Health.
9. **QI GONG AND SELF-MASSAGE**
10. **AUTHENTIC TAI-CHI FORM OF CHINA (CHEN PAN LING)**  
Pushing Hands and Martial Applications.
11. **BA GU ZHANG**  
Dragon Palm form and applications, staff, single and double sword forms and Qi Gong.
12. **HSING I ZHANG**  
Fundamentals and Philosophy, Five Element and 12 Animal forms. Linking forms/application Hsing I staff and Qi Gong.
13. **SHAOLIN GUNG FU**  
Empty hand and weaponry including double tiger hook swords, staff, Kwan Dao, steel whip, broadsword

## **COURSE COSTS**

### **GOJU-RYU KARATE-DO DIPLOMA**

Components 1, 2, 3, 4, 5, 6, 7 & 8                      \$3,800 \*-

### **CHINESE INTERNAL GUNG FU DIPLOMA**

Components 1, 3, 5, 6, 7, 8, 9, 10/11/12              \$3,800 \*-

### **SHAOLIN GUNG FU DIPLOMA**

Components 1, 3, 5, 6, 7, 8, 13                      \$3800\*-

### **DISCOUNT**

20% discount for existing members.

If payment is received in full a DISCOUNT of \$100.00 will be granted.

### **PAYMENT BY INSTALMENTS**

Payments will also be accepted in 4 x \$950 \*- instalments, due March, 1<sup>st</sup> May, 1<sup>st</sup> August and 1<sup>st</sup> November. (Plus 10% GST per instalment for students within Australia only.)

### **ADDITIONAL DIPLOMA ENROLMENT**

Students wishing to enrol in an additional Diploma (e.g., if you are enrolled in Goju-Ryu Karate-Do and wish to also enrol in the Ba-Gua Diploma), there will be an extra charge of \$1,500 - per additional Diploma, plus 10% GST if applicable.

### **ADDITIONAL COSTS**

|                                       |             |
|---------------------------------------|-------------|
| FINAL EXAM, THEORY AND PRACTICAL      | \$110 -*    |
| DIPLOMA                               | \$140 -*    |
| ANNUAL MEMBERSHIP FEE                 | \$75 -      |
| UNIFORMS/NECESSARY TRAINING EQUIPMENT | As Required |

**\*NOTE:** All amounts quoted exclude 10% GST

### **PAYMENT MAY BE MADE DIRECTLY TO:**

**Beneficiary: Wu Lin Pty Ltd**  
**Bendigo Bank**  
**20B High Street**  
**Lancefield VIC 3435              AUSTRALIA**  
**BSB: 633000**  
**A/c: 130886591**

## **COURSE DETAILS**

### **ENROLMENTS**

These flexible courses commence at different times thru out the year and can be structured for your convenience by prior arrangement with the Principal.

### **CORRESPONDENCE STUDY**

A proportion of the course may be completed by correspondence with video support; however, some contact hours are compulsory.

Classes will be held at Wu Lin Retreat, Lancefield, Victoria. Special arrangements will be made for interstate students/overseas students. Accommodation is available with prior arrangement.

### **STUDY TIME REQUIREMENTS**

To successfully complete the course, a minimum of 8 personal study hours per week is recommended.

Day and evening classes will be available; however, some weekend classes will also be necessary.

*Duration of Diploma course is normally 12 – 24 months depending on existing standard of Martial Arts experience and commitment.*

### **REFERENCE MATERIAL**

Notes on each component will be presented to students as the course progresses but they expected to take personal notes. Some study texts will also be supplied at no extra cost.

### **EXAMINATION**

A multiple choice theory examination and short thesis will be required in order to receive your Diploma. In addition, each student will be required to demonstrate and teach the areas covered in the course.

**TIMETABLE:** A detailed timetable for the year will be forwarded on receipt of your deposit/payment in full.

# WU LIN MARTIAL AND HEALING ARTS COLLEGE

SCHOOLS OF TRADITIONAL GOJU-RYU KARATE-DO & CHINESE INTERNAL GUNG-FU

**PRINCIPAL: JAMES SUMARAC**

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## APPLICATION FOR ADMISSION

### DIPLOMA OF MARTIAL & HEALING ARTS INSTRUCTOR

**Full Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postcode:** \_\_\_\_\_

**Telephone:** H) \_\_\_\_\_ (W) \_\_\_\_\_

**Mobile** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Present Occupation:** \_\_\_\_\_

**Previous Occupation:** \_\_\_\_\_

**Highest Secondary School Standard Achieved:** \_\_\_\_\_

**Post Secondary Studies** (*Please include completed, uncompleted & apprenticeships*)

\_\_\_\_\_

*Please attach a short essay describing in your own words why you wish to be a Martial/Healing Arts Instructor.*

*(Minimum 200 words)*