

Acknowledgement

Sifu Yap Leong of the 5 Ancestors system. A true master of the intricacies of Shaolin Kung Fu. London, U.K

Sifu Richard Lowenhagen of the Hung Fa Yi system. Undoubtedly in my opinion one of the most knowledgeable Shaolin Wing Chun Masters of Modern times. And also a great Mentor in my Kung Fu Journey. Arizona, U.S.A

Sifu Ricky Lam of Zhao Bao Taijiquan. A Long time friend and training partner in Health and Chi Cultivation.

Yuen Long, Hong Kong

Sifu Scott Quyen Ngo of the Thanh Kung system. A long time friend, Kung Fu training partner and also my guide into Buddhist Philosophy. Melbourne, Australia

Sifu Mark Hobbs of KFA Gym and Chief European Instructor for Lun Gai Wing Chun International. A friend and long time training partner. Also vastly experienced and skilled in many of the other Traditional Chinese Martial Arts. West Sussex, U.K

