

EARLYBIRD SPECIAL

Secure your place and **save at least 20%** by committing early to training with Peter Ralston.

Cheng Hsin Australia and Wing Chun Gung Fu Inc. are pleased to offer a special price on our Earlybird Payment Plan.

Pay a deposit of \$170 by 1 September 2011, and then 4 monthly payments of \$170.

Secure your place now at the best price!

Enrolment Form

I will attend the 2012 Workshop with Peter Ralston in Darwin, Australia;

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

I have enclosed a cheque*

made an electronic payment†

for my deposit of \$170 and will pay 4 monthly payments of \$170 on the 22nd of each month from 1st September 2011 to 22 January 2012.

Signed _____ / / 2011

Payments are non-refundable and non-transferable.
Mail completed form to Wing Chun Gung Fu Inc, PO Box 42152, CASUARINA, NT 0811, AUSTRALIA

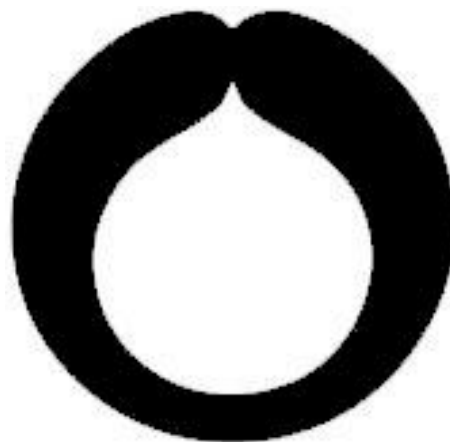
*Make cheques out to Wing Chun Gung Fu Inc.

†Electronic and Automatic Payments to Wing Chun Gung Fu Inc,

BSB: 065 901 Acc# 1073 5924



Peter Ralston's workshops in Australia are proudly hosted by the Cheng Hsin of Australia and Wing Chun Gung Fu Inc, a not-for-profit organisation helping promoting the growth of Cheng Hsin in Australia.



Cheng Hsin Australia and Wing Chun Gung Fu Inc

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PETER RALSTON

Master of Effortless Power
Former Full-Contact World Champion
Best-selling Author



Do you want to be
effortlessly powerful?
Find out how...

"How many of us wish we had met Bruce Lee, sat in a session with Carl Jung, or walked around Walden Park with Henry David Thoreau? Too late for that, but not too late to take notice of Peter Ralston. A superlative martial artist and caring teacher, his insights speak to us all."

-Dan Millman, author of *Way of the Peaceful Warrior*

DARWIN

15 - 21 FEB 2012

www.wingchun.org.au

BOOK NOW!

Do you want to be effortlessly powerful?

Peter Ralston, former world champion full-contact fighter, teacher, and best-selling author will show you how.

During this seven day intensive workshop, Peter will share with you over 40 years experience as a fighter, teacher and facilitator.

I learnt more in 9 days than I would have in months of regular training. Peter's ability to cut through the performance that so many martial arts styles have become, and get to the truth beneath, is astounding.

- Jon, Kung Fu

The workshop will focus on developing *effortless power* and applying it skillfully within a free-style format. While designed to communicate the discoveries that made Peter an unrivalled fighter, it will be accessible, safe, and beneficial to you, whatever your background or experience.

Peter's tools include a wide variety of exercises, games, explanation and exploration. His teaching is insightful, challenging, transformational... and fun.

If you want to accelerate your practice of martial arts, developing skills and mind-set that will benefit you on and off the mat, don't miss this unique chance to train in mastery with a master.

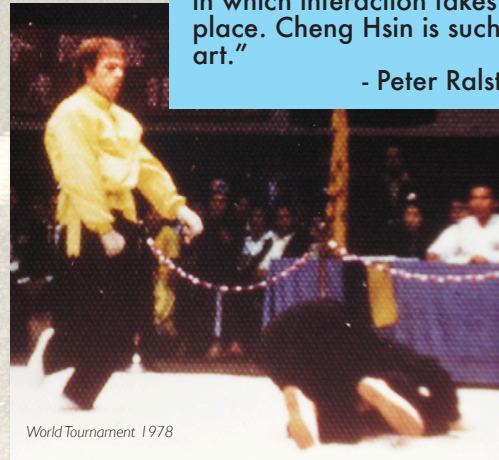
I noticed a big shift in my awareness and perception by the end of the course.

- Travis, PT, Karate



"When I began putting together Cheng Hsin, I wanted to create an art based on fundamental observations of physics, perception, intent, impulse, and energy, an art that gears itself to meet any situation because it is founded on understanding the principles in which interaction takes place. Cheng Hsin is such an art."

- Peter Ralston



World Tournament 1978



The workshop opened me up to being more relaxed, moving more fully, and approaching conflict with more interest, and less fear.

- Alicia, Aikido

Cheng Hsin Martial Arts incorporate throwing and pinning skills like those of *Aikido* and *Judo*, neutralising and projecting skills as found in *Tai Chi*, evasive footwork in the style of *Pa Kua*, as well as sophisticated *Boxing* skills, and pay as much attention to mind and consciousness as to the body. You could call it *Internal Mixed Martial Arts*.

Far more than a collection of techniques, tactics and strategies, Cheng Hsin is an enquiry into the nature of skill itself. It is Peter Ralston's unique and innovative solution to communicating the principles that made him a world champion, the *Principles of Effortless Power*.

Peter Ralston was raised in Asia and began practicing martial arts at nine. Studying widely, Peter was expert in several Japanese, Chinese, and Western arts by the time he was twenty.



Peter refined himself through years of practice, intense contemplation, and numerous full-contact fights, searching for the principles of effortless power. His discoveries led to extraordinary speed, power, evasiveness, and fighting skill.

In 1978 Peter proved himself by winning the World Full-contact Tournament in the Republic of China. During five days of fighting, he beat all of his opponents without one of them being able to land a solid blow.

"One of the fundamental reasons I fought in a world tournament is that I ask people to do *unconventional things*, to actually question and understand themselves. Winning this world tournament was done so I could say "I did it. What I am teaching you is functional. It works." Now people listen to me who wouldn't before, yet I am saying the same things."

Peter founded Cheng Hsin Internal Martial Arts in 1975 to communicate his breakthroughs to others. Today, he has a retreat centre in Texas and teaches workshops all over the world. Peter's approach to martial arts and teaching is holistic, integrating body, mind, movement, relationship and consciousness.

Limited Places - Book Yours Now! info@wingchun.org.au