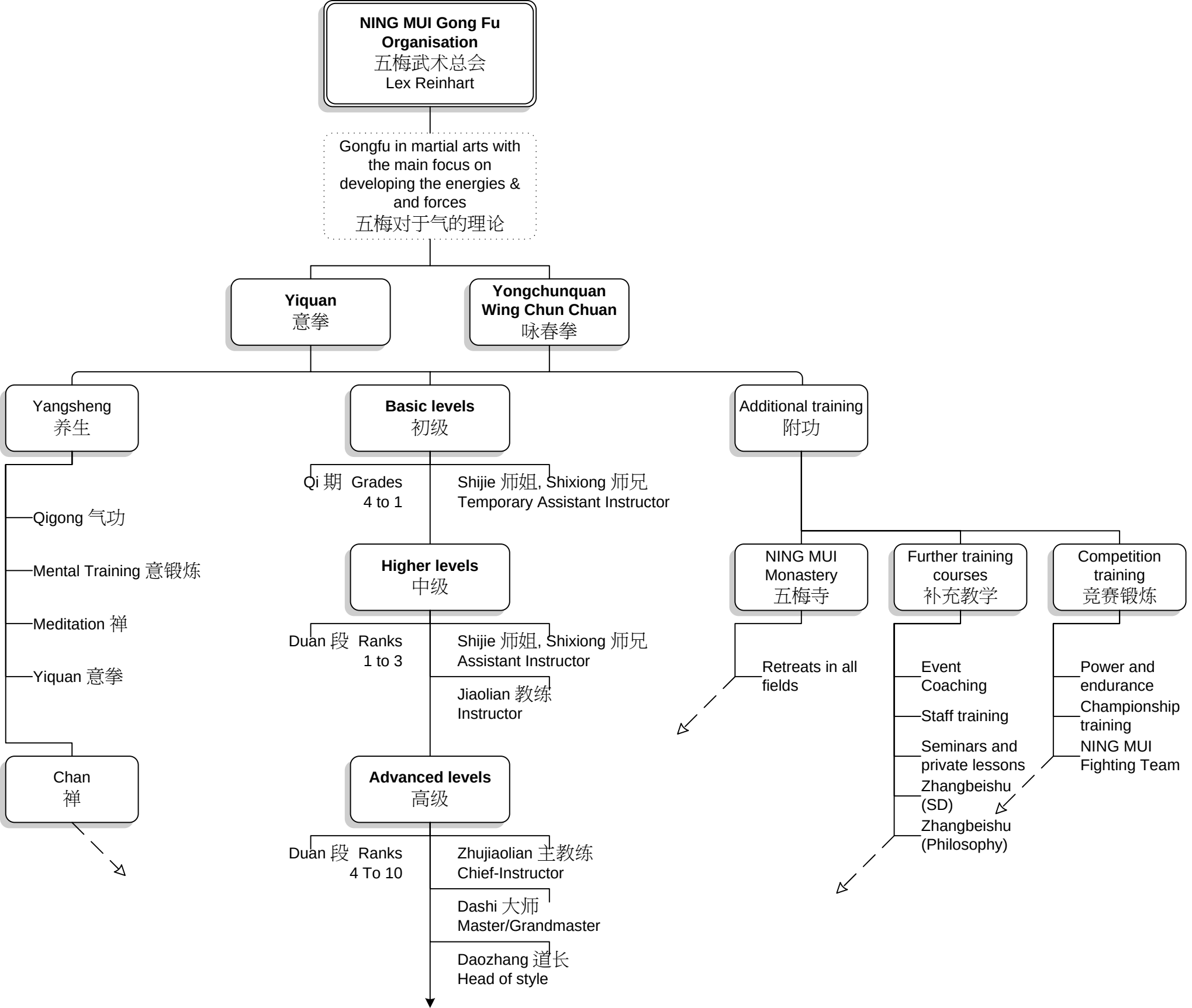
NING MUI Gong Fu Organisation
五梅武术总会
Lex Reinhart
Gongfu in martial arts with the main focus on developing the energies & and forces
五梅对于气的理论
Yiquan
意拳
Yongchunquan
Wing Chun Chuan
咏春拳
Yangsheng
养生
Qigong 气功
Mental Training 意锻炼
Meditation 禅
Yiquan 意拳
Chan
禅
Basic levels
初级
Qi 期 Grades 4 to 1
Shijie 师姐, Shixiong 师兄
Temporary Assistant Instructor
Higher levels
中级
Duan 段 Ranks 1 to 3
Shijie 师姐, Shixiong 师兄
Assistant Instructor
Jiaolian 教练
Instructor
Advanced levels
高级
Duan 段 Ranks 4 To 10
Zhujiaolian 主教练
Chief-Instructor
Dashi 大师
Master/Grandmaster
Daozhang 道长
Head of style
Additional training
附功
NING MUI Monastery
五梅寺
Retreats in all fields
Further training courses
补充教学
Event Coaching
Staff training
Seminars and private lessons
Zhangbeishu (SD)
Zhangbeishu (Philosophy)
Competition training
竞赛锻炼
Power and endurance
Championship training
NING MUI Fighting Team