



Class Schedule

Thursday Evening
6:30-8:00

Sunday Morning
9:00- 10:30



Two Classes Per Week
\$100 per month
No Contract



MEMBERS ONLY



A

Lo Sifu Chin Sui Dek
(Jimmy H. Woo)
Loyalist School



KUNG FU SAN SOO

HAND TO HAND COMBAT

Not A Sport



Laoshi Richard Dinsmore
is a first generation Sifu
under Lo Sifu Chin Sui Dek
well known as
Grand Master Jimmy H. Woo.

Sifu Dinsmore has been
teaching Kung Fu for 28 years
and has personally produced
many black belts and recognized
Masters.

Sifu Dinsmore is a
Board Certified
Doctor of Oriental Medicine,
Licensed Acupuncturist
and an experienced
Chinese "bonesetter".
rickdinsmore@cox.net
www.acupuncturechulavista.com





南
洋
風
情
畫
卷

Crane Tiger

are the kung fu animals most closely associated with San Soo although Kung Fu San Soo has correctly been referred to as “Human Style” Kung Fu and is older than any of the animal styles.

San Soo is not a spectator sport but a savagely effective fighting style that trains the fighter to instantly adapt to any combat situation.

This brutally effective fighting style of Kung Fu San Soo, preserved and taught by Grand Master Jimmy H. Woo, is a radical circular fighting technique that uniquely attacks an opponent's every reaction. It is hand to hand combat in its purest form. While some martial arts styles focus on a specific technique - as with judo for throws and karate for kicks and punches - San Soo teaches the full range of techniques, allowing fighters to adjust their style according to the situation they are in. The punches and kicks, the leverages, the nerve attacks, the takedowns - all directed to vital parts of the body - are executed in a perfect rhythm that can make the flow of movement compelling, even beautiful, to witness. But at its very core is also a raw brutality that emphasizes the San Soo focus on self-defense.



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Tsoi Li Ho Fut Hung

Are the Five Ancient Family Styles which are combined to form the style Inside Kung Fu Magazine calls The pure Chinese, legendary and devastating art of

KUNG FU SAN SOO

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夫