



## **SIFU DAVID LEOPOLD**

Sifu David Leopold has been practicing, studying, researching and teaching martial and healing arts since 1994.

In 1999, Sifu David achieved his black belt in Shaolin Kung Fu. Since 1999, Sifu David has received numerous certifications in Taichi hand and weapon forms and seven Qigong routines. In 2009, Sifu David Leopold received his Usui Reiki master certification from the Naturopathic School of Medicine in Toronto.

In 2012, Sifu David travelled to China to compete in the International Wushu Competition in Shanghai. He brought home 2 gold and a bronze medal.

By combining all these modalities and experiences, Sifu David brings a unique style of teaching that includes technique, philosophy and practicality. Sifu David's approach to teaching is relaxed and he believes Taichi and Qigong practice should be useful in everyday life and enjoyable to do.

In addition to teaching regular classes, Sifu David also conducts workshops and participates in research and development projects. Most recently, Sifu David taped Six Segments on "Zen Breaks" found on the popular wellness Youtube channel "The Chakra House of Healing".

Sifu David has a passion for martial and healing arts. His holistic approach to wellness includes physical, emotional, spiritual and nutritional well being. Sifu David continues to improve his skills as a practitioner, teacher/mentor and hopes to teach for the rest of his life.

Sifu David's words of wisdom

"TO BE A MASTER OF WHAT YOU DO, YOU MUST FIRST BE A MASTER UNTO YOURSELF"



## Sifu David Leopold - Taichi & Qigong Specialist

### Profile

#### **Certifications & Accomplishments**

- Shaolin Kung Fu Black Belt 1999
- Taichi Advanced Practitioner and Level 4 Wu Ying Degree 2002
- Traditional Private Martial & Healing Arts 3 years program (Certified 4<sup>th</sup> Generation Wu Family Instructor) 2008
- Reiki Master Certification 2009
- Qimatic Energy System Certification 2012 (Level 1, Level 2 & Advanced)
- 2 Gold Medals & a Bronze Medal at the World Grand Wushu Festival 2012, Shanghai China
- QiGong for Cancer Specialist Certification 2012

#### **Taichi & Kung Fu Teaching and Practice - Hand & Weapon Forms**

- Yang, Chen, Sun - Taichi Foundation Exercises
- Yang Style : 10 Movement Form
- Taichi 24
- Taichi Chuan 108
- Chen Style : Short Form
- Chen Style Taichi Second Routine Canon Fist
- 73 Movement – Sun Style
- Fan & Sword Foundation Exercises
- 32 Long Sword Yang Style
- Lian-Huan : Double Sword
- Single Fan : Short Form
- Double Fan : Short Form
- 4 Directions 4 Corners Combo Taichi
- Wing Chun Kung Fu - Sil Lum Dao
- Kung Fu Double Fan
- Green Dragon Kung Fu Single Sword

#### **QiGong Routines**

- Qigong Facial
- 4 Movement (Zhan Zuan)
- 6 Part Body Tapping
- 7 Treasures (Meridian Alignment)
- 8 Movement (Ba Duan Jin)
- 8 Part Self Acupressure
- 11 Movement (QiGong for Cancer)
- 12 Movement (Qimatic Relaxation)
- 13 Stump (Tai Bao Kung)
- 18 Movement (Lo Han)
- 19 Movement (Y-Dan)
- 24 Movement (Therapeutic)

#### **Memberships**

- Canfitpro since 2010
- CanadianTaijiquan Federation since 2020
- Mindfulness Council of Canada since 2023