

*Maurizio Lo Bosco*

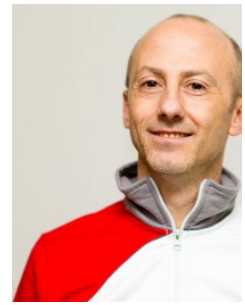
Ausbilder

WingTsun seit: 2012

Wohnort: Bülach

Jahrgang: 1974

erster Beruf:



### **Was bedeutet mir WingTsun?**

WT is for me more than a hobby. I can for sure defend myself better than before, but it also helps me to understand myself, the way I react to different situations, when I'm tired, grumpy or stressed. It makes me relax and detach from the daily problems. Every lesson is a new challenge and it gave me the chance to make cool new friends ... and last but not least, learn some swiss-german!

### **Was sind meine Inhalte im WingTsun?**

Balance of body and mind, know yourself, stay focus, let it flow, adapt to the situation and experiment new solutions.

### **Meine Ziele mit WingTsun**

Internalize principles, movements and philosophies. Improve my adpatation skills, help others and one day be able to teach what I learned.