

Wing Chun for the Workplace

Office-based martial arts classes for focus, calm, and confidence.

Sessions take place at your office—in a meeting room, open workspace, or fitness room.



What is Wing Chun?

Wing Chun is a traditional Chinese martial art focused on efficiency, balance, and inner calm. It's not about brute force—but about mastering yourself.

Our short corporate programs are built for modern professionals: simple movements, sharp focus, better posture, and practical self-defense—all without needing any equipment or prior experience.






Why Companies Love It

- Reduces stress and tension
- Improves focus & breathing
- Enhances posture, awareness
- Boosts self-confidence and calmness under pressure
- Team-building through fun & discipline
- No special clothing or mats




Flexible Class Formats


-  **Lunchtime Recharge**
45–60 min weekly class at your office for energy, posture, and calm.
-  **Self-Defense Course**
5-week practical series: confidence, awareness, and basic techniques.
-  **Team-Building Workshop**
One-time 90 min session: fun, safe, empowering martial arts training.



Who's Teaching? Petr Kaduch

- Instructor in the Chu Shong Tin lineage of Wing Chun
- 1.5+ years teaching newcomers in Prague
- Practical, European-style teaching with focus on explanation, safety, and real-life application
- No ego. No shouting. Just skill, calm, and humor

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I offer a free online consultation or a trial class at your office.