

Julia "Jewl" Petteway  
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I am honored to recommend the Boulder Kung Fu Academy in Boulder, Colorado.

My goal in beginning Kung Fu training nearly 4 years ago, at the ripe age of 32 was to improve my health, become stronger, more disciplined and focused, as well as learn self-defense. I have had to move through numerous physical and mental challenges to get past frustrating plateaus and learn patience with my own body's ability and rate of growth, and the training has become a much bigger part of my life than just physical fitness.

Sifu Wang's skilled and compassionate teaching style has helped me grow in more ways than I expected. The training is extremely demanding. Coming from a dance background, I have trained hard, practiced diligently, but dance training is nothing like Kung Fu. Karate training was difficult in different ways, but was not nearly as physically demanding. It would be easy to quit when the going gets tough. Many students do not continue training in this system long-term. However, when I feel like I can't do it anymore, Sifu encourages me to push through and keep training. I have worked through a broken wrist, sprained ankle, pulled groin, stiff hip, rotator cuff injury, spinal issues, "trick knees", the flu, and more (none of these were related to kung fu training) and still training, in better shape than ever. I still have old injuries flare up at times but I heal much faster now, especially with Sifu's advice.

The training builds on a foundation of stances and basic movements, and works up to forms, applications, and more advanced training over time. It takes patience and diligence to progress. Without Sifu Wang's guidance and encouragement, I am certain I would not still be training at this level. My energy, body, and mind feel more balanced, healthier than ever. There is always an expectation to do your best, pushing beyond what you think you can do, but Sifu knows when it is best to back off, rest and recover to avoid injury. This is a rare quality in martial arts instruction, from my limited experience.

As a massage therapist and body worker, this training has helped me become a stronger and more balanced practitioner. I have better awareness and a lot more energy, consistently. I no longer experience chronic hip pain. The back and neck pain is less frequent.

I greatly respect and honor Sifu Wang for keeping the tradition pure and strong. There is a serious expectation to maintain very high standards. I appreciate the dedication and detail applied to training at the Boulder Kung Fu Academy. What we are learning cannot be mastered in a lifetime. There is always more depth. I look forward to a lifetime of learning and growing with 7-Star Praying Mantis Kung Fu.