

Maurizio Lo Bosco

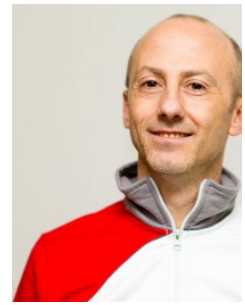
Ausbilder

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.