



# Neil Ripski

## Red Jade Philosophy Hour

Sifu Neil Ripski has been training in the Chinese Martial Arts for nearly twenty five years under many different masters and in various styles. He currently holds the rank of Sifu (Master/Instructor) in: Wing Chun Kung Fu, Chen Style Tai Chi, 18 Lohan Palm and Zui Quan (Drunken Style Kung Fu). He is also the lineage holder of the Ba Ying Quan Kung Fu style (Eight Shadows Fist Kung Fu Style). His training has included the Traditional 18 weapons of Shaolin Temple, for example: broadsword, staff, spear, halberd, kwan dao, Straight sword, short sweeper (also known as Nunchuks) as well as combative and self defense training in each style. Kung Fu is an internal as well as external practice and Sifu Ripski also practices and teaches Qigong or Chinese energy work exercises for health and strength, and Tai Chi Chuan in both the Yang style (under the Luo Ji Hong Lineage) and Chen family style (under the famous Chen Zhonghua, disciple of Hong Junsheng). He is a certified Meditation instructor from Luang Phor Viriyang Sirintharo, Abbot of Wat Dhammamonkol monastery in Bangkok, Thailand.

Sifu Ripski has competed and judged at the International level at the Vancouver Tiger Balm International tournament and now his students compete as well. Student Myke Duena was a member of Team Canada at the 2005 World Championships in Germany and came home with two gold medals for his country. Sifu Ripski currently has a School in Taipei, Taiwan and is now proud to be offering classes in Creston British Columbia where he calls home. He recently won three gold medals at the Tiger Balm International Level tournament in the Advanced Black Belt division.

Sifu Ripski is the author of two books on Praying Mantis and Drunken Kung Fu respectively and four instructional DVDs Tai Chi Chuan and Drunken Style respectively.

Currently he is proud to work with his friend and Student Jason Deatherage on the Red Jade Philosophy hour on CIDO 97.7fm. The show takes different subjects of Eastern philosophy such as Buddhism, Taoism, Martial Arts, Karma and Wu Ji the great No – Thing before the creation of all.

Sifu can be contacted for more information on his books or DVDs he has authored or for any other information about classes or seminars at: [redjadekungfu@gmail.com](mailto:redjadekungfu@gmail.com) or call 250-428-2161.

