



US KUNG FU EXCHANGE FEDERATION ANNUAL WORKSHOP RETREAT WEEKEND

JULY 17-19, 2026 • DEL SOL AUSTIN, TEXAS

TRAIN TOGETHER. GROW TOGETHER. SHARE THE ART.

FRIDAY • HALF-DAY

- 5:00 PM • Welcome & Meet Greet
- 5:30 PM • Group Warm-Up
- 6:00 PM • **Sifu Clark** – *White Ape Steals The Peach Introduction*
- 7:00 PM • **Sifu Jones** – *Chin Na and trapping aspects of Mantis hands... How to hook up Chin Na and traps without your opponent knowing.*
- 8:00 PM • Group Dinner & Hang Out



8:00 PM
GROUP DINNER &
HANG OUT

FETCH FOOD PARK
& Surrounding Eateries



SATURDAY • FULL-DAY

- 8:30 AM • Group Warm-Up
- 9:00 AM • **Sifu Clark** – *White Ape Steals The Peach Learn the whole form*
- 10:00 AM • **Laoshi Kurt Barringer** – *Exploring the 8 Hard Methods through hard, soft and Whole-Body Integration Using the concepts of Yao (yielding/soft) and Gong (hard/rigid) to develop power*
- 11:00 AM • **Sifu Hughes** – *Mastering – Stick, Follow, Yield, Connect and Adhere*



12:00 PM – 1:30 PM
LUNCH (1.5 HOURS)

**SURROUNDING
EATERIES**

3:30 PM • **Sifu Jones** – *Understanding the kicks of the white ape.*

4:30 PM • R&R / Clean Up

1:30 PM • **Sifu Caporin** – *Combative Takedowns. Students will learn how to incorporate basic takedowns into their fighting as well as how to defend against them with mantis.*

2:30 PM • **Sifu Leverett** – *Tiger Tension – Develop breath, finger, wrist, and forearm strength with this dynamic set*



7:00 PM
GROUP DINNER &
HANG OUT

**JESTER KING
BREWERY**

SUNDAY • HALF-DAY

- 8:00 AM • Group Warm-Up
- 9:00 AM • **Sifu Clark** – *White Ape Steals The Peach Closing thoughts*
- 10:00 AM • Open Hands w/Sifus
- 11:00 AM • End of Event



* PLEASE NOTE:

- Times are approximate and subject to change.
- Bring your training gear, water bottle, and an open mind!
- Thank you for being part of the US Kung Fu Exchange community.



**DEL SOL YOGA
AND KUNG FU**
1911 FM 150 W,
Dripping Springs, TX 78620



**HONOR THE TRADITION.
SHARE KNOWLEDGE.
BUILD FRIENDSHIPS.**



**THANK YOU FOR BEING PART
OF THE US KUNG FU EXCHANGE
COMMUNITY.**