



All I want for Christmas

Martial arts expert ending the Year of the Woman with an almighty bang!

Sifu Della O'Sullivan, a female martial arts master in the style of Wing Tsun Kung Fu, has just launched her own martial arts association. Even though this is virtually unheard of it is just one of many achievements and triumphs within her career.

Della started her venture into martial arts after being a victim of a violent stalker in her late teens for nearly five years, which sparked her interest in martial arts, and later led her to teach.

Now, nearly 15 years on and after dedicating her life to the art, she has achieved highly in her rank within the system, and has launched a group of workshops across the capital called "fight like a girl" while supporting a local women's refuge in Southwark.

She has been interviewed on BBC, ITV, BBC Radio 4, *Evening Standard*, and the *South London Press* about the work she is doing.

She has trained body guards, worked with disadvantaged teens, taught in local schools, run summer camps, performed along with the shoaling monks in the shoaling temple 'China' and set up a group of schools across the capital.

Now she and a group of the new association instructors will have a fresh look at how to teach the art and an approach based upon ethics, high moral virtues, along with several



methods to help different people in different walks of life.

The name Phoenix Eye was chosen as it has three meanings and is based on the Chinese Phoenix: Strength, ethics and balance.

Visit the website for more info on the meaning

Della said: "I want to do more, and although it has never been my ambition to lead my own association, I am now in this position so I want to lead only with an ethical approach to martial arts and helping people become the very best they can be. And I only want to produce teachers who have a passion to teach and a passion to help people – I won't accept anything less. Martial artists are supposed to be invested members of the community, they are supposed

to have higher ideals and higher moral standards."

The programmes her association offers are:

- Women's self defence courses (% of proceeds donated to BEDE House)
- Women only classes for those in the Muslim community who can only solely learn from women
- Self Defence workshops for the LGBTQIA+ community (% of proceeds donated to stonewall charity)
- Children's classes 4+
- Corporate courses
- Public services special discounts
- Workshops and special offers for disadvantaged children
- Give back schemes – where the instructors and seniors will work within the community to help various charities and charitable projects. Such as soup kitchens, women's refuges, etc.
- Sifu Della will be available to do talks at universities and colleges to help young people as well as her group of instructors who are invested members of their communities

There are currently four locations under the Phoenix Eye Wing Tsun association : Dulwich, } Waterloo, Wandsworth and Crayford. And soon to be more.

CONTACT US NOW:

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