

Wing Tsun Kung Fu is a very effective and practical martial art based on principles and body mechanisms. These principles are inspired by mainly 3 philosophies ( Taoism, Buddhism and Confucianism ).

Jan Pieper started his cooperation with Clearstream in 2007. He is a great teacher and is very accessible. Despite his 19 years of experience in Wing Tsun and Chi Kung ( Chinese health practices ) , he keeps learning and deepen his knowledge with Sifu Zhong Liangquan in China and with Dr. Ansgar Gerstner ( Traditional Qi Gong instructor ). He has also included meditation in his skillset and is following Lama Rinchen Gyaltsen teaching.

You feel more confident thanks to some Wing Tsun stress test exercises and are therefore able to keep your calm during tough/conflictual situations . You relieve your stress and enhance your health condition thanks to some Chi Kung exercises and breathing technics.

Jan Pieper teach us to "empty the cup" before the training which means to leave the negative/stress though outside the room and to accept the teaching even if it does not make sense yet. This motto could be applied in other situations as well like when you get new responsibilities and projects to not be negative and reluctant to changes but in the opposite accepts the challenge and move forward.



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