Biography

Si fu Predrag Petreski was born on 29 May 1971 in Bitola. He completed his primary and secondary education in Skopje. In 1995 he obtained a degree from the Military Academy in Skopje and was appointed a Macedonian Army officer. As a young 19-year-old boy, while studying military science, he attempted to understand the system of true values in life, especially in the context of the turbulent social change in the Balkans during the 1990s. It is that context which triggered his motivation to achieve self-actualisation as a well-developed fighter, confident in his physical capacities. To attain that, he chose Kung Fu and joined si fu Gjore Kostovski’s school, where he stood out, dedicated and hard-working. He, therefore, quickly gained a Master degree and became a Kung Fu si fu (teacher). Si fu Predrag learnt to appreciate the real essence of Kung Fu, which contains a life philosophy as well as directions for spiritual development. Si fu Predrag actually managed to gain insight into the spiritual dimension of human existence. He came to know that martial arts are not purely for sport, but are also life philosophies, i.e. a style of life, encapsulating the highest of spiritual values.

Si fu Predrag went deeper into the secrets of Taoist philosophy, which helped him to learn about the nature of “Life Energy”, gaining thus a more subtle understanding of human existence. New horizons opened up for him, as a result of his unquenchable thirst for delving into what is unknown, “forbidden” and hidden in the human being. He searched within himself, within his personal depths in order to make sense of the Source.

Via his personal experiences and his everyday exercises of his body and mind, si fu Predrag managed to feel the unity of his body and his mind, inseparable from nature’s laws.

He was soon passed by the Grand Master William Cheung for the sixth (highest) level in Kung Fu, which made him a certified Kung Fu master by the International Wing Chun Kung Fu Association.

In 2011 he successfully defended his MA thesis in sports management: “Management and Innovation in the training of Macedonian Special Armed Forces”.

With his experience and with his formal education, si fu Predrag is one of the few Eastern martial arts masters who professionally and skilfully manage to form a new strand in modern sport. He blends together the principles of Eastern spirituality and those of modern Western society, which emphasises muscular build.

Si fu Predrag Petreski is the founder of Strela Wing Chun Kung Fu school which trains tens of students per year. The students are equipped with the Wing Chun Kung Fu skills, while being educated in the real spiritual values of man. Si fu Predrag is a successful educator with a style of his own. He effectively motivates his students to search for the values in life. Many of his students have overcome health problems, achieved spiritual peace and balance of body and mind, thus turning into healthy and happy young people, protected from the vices of modern times.

Si fu Predrag’s simple and clear instructions make the suggested practice of body and mind easily acceptable and even more easily applicable for all age groups and for both sexes alike. His spontaneity makes his training sessions enjoyable, relaxing and harmonious.

Si fu Predrag has authored many articles on martial arts, sports and traditional Eastern medicine. He has written a lot about traditional healing techniques, Chi Kung exercises, meditation exercises and séances. He also develops exercises of his own, especially Chi Kung exercises, which are based on his experience and analysis of his students’ individual and group capabilities.

Si fu Predrag developed the Eastern martial arts section of the training programme for the special armed forces and has been the editor of the sports column in sports magazine *Odbrana*.

Apart from printed materials, he has also released various video educational materials.

Acupressure Meridian Massage

Acupressure Meridian Massage is based on the chi theory of Traditional Chinese Medicine (TCM) and its teaching about the circling of life energy along energy channels (meridians) and energy centres in the human body. Since ancient times, acupressure, acupuncture and herbalism have been an inseparable part of China’s Kung Fu. In the rural areas, it was the Kung Fu masters who helped people suffering from health problems. In mastering his martial art, a true Kung Fu master had to have a good understanding of traditional Chinese medicine. Hence, it is unsurprising that there is a TCM strand in traditional Wing Chun Kung Fu. The strand was developed by Grand Master doctor William Cheung and it is called Cheung’s Meridian Therapy (CMT). The therapy addresses the energy channels (meridians) and the specific energy spots located on the meridians. The main aim of the treatment is to allow for Life Energy to flow again through the body for full recovery. This therapy is supplemented by Chi Kung exercises, especially designed to open the energy channels. The Acupressure Meridian Massage helps to relieve pain in the back, shoulders, neck, hips, knees, elbows and joints. It can also help to cure swellings caused by physical injury, tennis elbow, rheumatism and arthritis. The massage can promote speedy recovery of disjointed bones and broken bones, too.

It has been said that we stand in front of the gates like beggars, forgetful of the huge power granted upon us by the universe. How long will it take us to find the way which leads to the solution to human suffering, the way which leads to gaining full understanding of the Source…