

中國少林武藝中心

SHAO-LIN KUNG FU & TAI CHI



心意劍

Hsin I Chien

“Heart Will Sword”
&

Heart Will Meditation

Hour Long “Heart Will Meditation”

十二路十動物心意劍

The 12 Animals
The 10 Roads
The Meditation
of the Heart Will Sword

Taught for the first time! DON'T MISS IT!

Sunday, June 24, 2018
11am - 5pm

Open to ALL CSC Students!

Fee - \$100

\$125 if not paid by day of class

The art of Hsin I Ch'uan is thought to have been developed by the famous general Yueh Fei. It's the predecessor to the more well know art of Hsing I Ch'uan. Hsin I has both empty hand and weapons. Like our Liu Hsing Ch'uan (Meteor Fist) and Wan Liang Hua (10,000 Lotus Blooming) it is seldom seen or taught. Most styles of ancient kung fu are obscure and the details of origin are lost in antiquity. Hsin I was a prominent internal system within the Shao-Lin Temples during the Ming and Ching Dynasties.

Schedule of Weekend Events Held at CSC Denver Kwoon

Saturday, June 23, 2018

8am - 12 noon: 3rd thru 6th Black Belt Testing

2pm - 6 pm: 1st to 2nd and 2nd to 3rd Black Belt Testing

Sunday, June 24, 2018

9am - 10:30am: FREE Tai Chi Push Hands and Sparring

10:30am - 11am: 2019 China Trip Meeting

11am - 5pm: Hsin I Chien - Heart Will Sword & Meditation Seminar



shao-lin.com

Shao-Lin Kung Fu & Tai Chi

7174 Washington Street
Denver, Colorado 80229
303-455-4088

All events held at Denver school.
See backside and website for Test and Lodging info.

This form may not be taught
between students, demonstrated
or reproduced in any manner.



中國少林武藝中心

Hsin I Chien Seminar

Heart Will Sword Form & Meditation

心意劍

功夫

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8am - 12 noon: 3rd thru 6th Black Belt Testing

2pm - 6 pm: 1st to 2nd and 2nd to 3rd Black Belt

Testing Sunday, June 24, 2018

9am - 10:30am: FREE Tai Chi Push Hands and

Sparring 10:30am - 11am: 2019 China Trip Meeting

11am - 5pm: Hsin I Chien - Heart Will Sword & Meditation

Attire: Complete Uniform with all Patches
and Good Silkscreen

Black Uniform - 2nd Black and Above
White Jacket & Black Pants - 1st Black

Black Belt Panel Required Same Uniform
Requirements Bring Clipboard and Pen

**ALL FEES and BALANCES OWED MUST BE PAID
IN FULL AND MEMBERSHIP UP TO DATE
TO TEST AND ATTEND SEMINAR**

Restaurants and Hotels Near the School - 7174 Washington Street, Denver, CO 80229

WaterCourse Foods 837 E. 17th Ave, Denver, CO 80218 303-832-7313 Open Mon - Thur 11am - 10pm, Fri - Sun 8am - 10pm

City, O' City 206 E. 13th Ave, Denver, CO 80203 303-831-6443 Open Mon - Fri 7am - 2am, Sat & Sun 8am - 2am

Tokyo Joe's Westminster 1005 West 120th Ave. Westminster, CO 80234 phone 303-255-4828 Mon - Fri 10:45am - 9:05pm, Sat & Sun 11am - 9pm

Pho 15 655 East 70th Ave @ Washington (1 Block from the school) 303-975-6783 Open until 8pm. Closed Sundays

Panda Garden 9682 Washington St., Thornton, CO 303-450-1239

Beet Box Bakery & Café VEGAN 1030 E 22nd Ave (at San Raphael neighborhood), Denver, Colorado 303-861-0017 7am - 6pm Mon - Sun

Vital Root 3915 Tennyson St, Denver, Colorado 303.474.4131 Tue - Thu 8am-9pm, Fri - Sat 8am - 10pm, Sun 8am - 9pm

Jerusalem 1890 E Evans Ave (at S. High St), Denver, Colorado 303-777-8828 Mon - Thu 9am-4am, Fri - Sat 9am - 5am, Sun 9am - 4am

Native Foods Café VEGAN ... 680 S Colorado Blvd, Glendale, CO 80246 303.758.3440 Hours 11:00 AM - 10:00 PM

Qdoba Mexican Grill 10018 Grant St, Thornton, CO 80229 303-255-6860 10:30 am-10pm

Chipotle Mexican Grill 815 Thornton Pkwy, Thornton, CO 80229 303-452-2722 11am-10pm

Natural Grocers By Vitamin Cottage www.naturalgrocers.com 11465 Washington Street, Northglenn, CO

Crossland Denver - Thornton 8750 Grant St, Thornton, CO 2.0 mi N 5 minutes 303-430-4474 · crosslandstudios.com

Comfort Inn Central 401 E 58th Ave, Denver, CO 1.7 mi S 4 minutes 303-297-1717 · comfortinn.com

Super 8 Denver/I-25 & 58th Ave. 5888 Broadway, Denver, CO 2.14 mi S 4 minutes 303-296-3100super8.com

Quality Inn Central 200 W 48th Ave, Denver, CO 3.42 mi S 5 minutes 303-296-4000 · qualityinndenver.com

Motel 6 W 83rd Pl, Thornton, CO 2.15 mi N 5 minutes 303-429-1550 motel6.com

Quality Inn Central 200 W 48th Ave, Denver, CO 3.42 mi S 5 minutes 303-296-4000 · qualityinndenver.com

La Quinta Inn Denver Northglenn 345 W 120th Ave, Westminster, CO 6.59 mi N 10 minutes 303-252-9800 · lq.com

Sleep Inn 12101 Grant St, Thornton, CO 7 mi N 12 minutes 303-280-9818 · sleepinn.com

Hampton Inn Denver - North/Thornton 243 E 120th Ave, Thornton, CO 6.71 mi N 10 minutes 303-451-7900 · hamptoninn.hilton.com

FOREST ZEN

SHAO-LIN KUNG FU & TAI CHI

7174 Washington Street, Ste C

Denver, Co 80229

shao-lin.com

goshaoLin.com

Not liable for personal injury.