

中國少林武藝中心

SHAO-LIN KUNG FU & TAI CHI

Seminar OPEN to Brown Belts and Above

*The Complete Training of the
Classical 7-Star Mantis System*

Chi Hsing Tang Lang – Sections I & II

Beginning Saturday January 5th, 2019 9AM @ Denver

Section I: Mantis Conditioning / Linkage Forms

Beginning with Advanced Mantis Conditioning – 3 Linkage Forms: Stance/Hands/Legs – The foundation of the Famous 7-Star Mantis System.

Section II: Jade Ring - Since the Jade Ring Stance is the “single most important” stance in the 7-Star Mantis Fighting System, there are 8 routines to perfect your skills with this stance!

Required for advancement 6th Black to 7th Black

CLASS FEE - \$70 (Day of Class) *EarlyBird Fee: \$50*
Repeat Attendance - \$30

Fee for Complete Training – All 3 Months / 6 Sections - \$150.00
Repeat Attendance - \$90

Attire: Complete uniform w/all patches!

NOTE: This material may not be taught between students. This material may not be shown, demonstrated, or reproduced in any manner, by any student.

Elder Master David

謝大昭



PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

- *not liable for personal injury* -

<http://www.shao-lin.com>

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Elder Master Sharon

邵秀倫



This Class/System will be taught in 3 Months/6 Sections over the first 3 months of 2019!

This Festival hasn't been offered in Colorado since 2010! Don't Miss It !!