

中國少林武藝中心

CHINESE SHAO-LIN CENTER

Open To: White Belts and Above

# *Shao-Lin Ground Monkey – Ti Hou Ch'uan*

功夫



This monkey form utilizes  
kicks, rolls, and punches  
while on the ground!

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

*Saturday, May 19<sup>th</sup>, 2018*

**Tai Chi/Wooden Man/Lower Belt/Brown Belt Test  
Black Belt Pretest**

**11am-2pm @ CSC-Raleigh**

1333 Buck Jones Rd.,  
Cary NC 27511  
919-283-MONK  
(919-283-6665)  
[www.shaolinNC.com](http://www.shaolinNC.com)

**Festival**

**2-6pm @ CSC-Raleigh**

**CLASS FEE - \$100**

**Repeat Attendance-\$50**

少林

PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

- not liable for personal injury -

# Schedule of Events

## Friday, May 18<sup>th</sup>, 2018

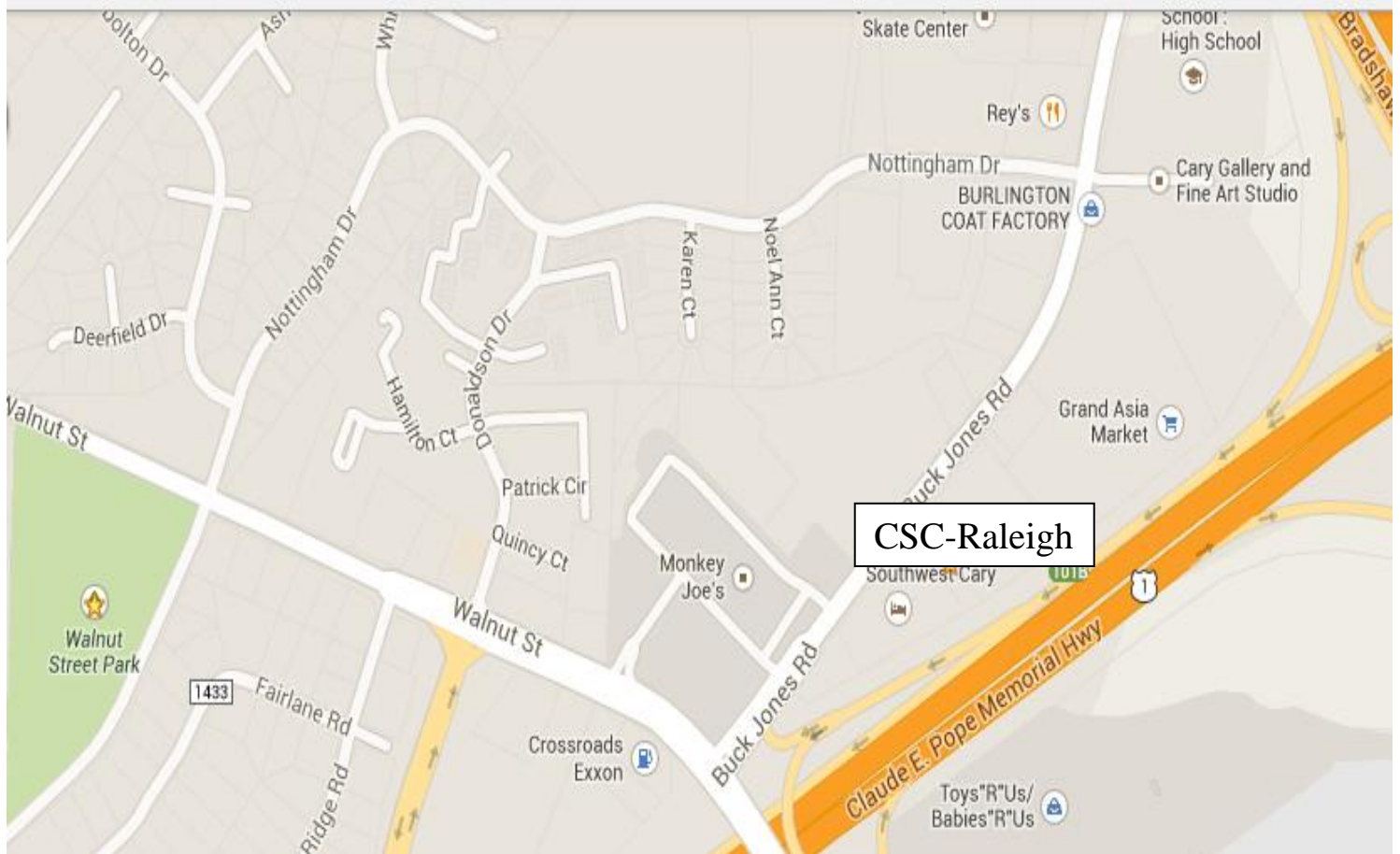
Tour of Ziggy's Refuge – 12 pm – Providence, NC  
Dinner – Souly Vegan – Durham, NC

## Saturday, May 19<sup>th</sup>, 2018

Tests/Pre-Tests – 11 am to 2pm – CSC Raleigh  
2<sup>nd</sup> Road of Ground Monkey – 2pm to 6 pm – CSC Raleigh  
Dinner – 7pm – Souly Vegan – Durham, NC

## Sunday, May 20<sup>th</sup>, 2018

Vegfest Market – 12:30 pm – Chapel Hill, NC  
Tour of Piedmont Farm Animal Refuge – 2 pm – Pittsboro, NC



### *Hotel Info*

**Hawthorn Suites** - 1020 Buck Jones Rd. – 0.4mi  
919-468-4222

**Best Western** - 1722 Walnut St. – 0.5mi  
919-481-1200

**Red Roof Inn** - 1800 Walnut St. – 0.4mi  
919-469-3400

**Motel 6** - 1401 Buck Jones Rd. – 0.05mi  
919-467-6171

### *Restaurant Info*

**Living Kitchen** – 555 Fayetteville St.  
919-324-3515

**Thai Villa** – 1319 Buck Jones Rd.  
919-462-9010

**Souly Vegan** – 4125 Durham-Chapel Hill Blvd  
984-219-6050

**The Fiction Kitchen** – 428 S Dawson St  
919-831-4177