

# SHAO-LINKUNG FU & TAI CHI TENTATIVE CLASS SCHEDULE

2018      JAN      FEB      MAR      APR      2018

**Brown Belts:** **Chie Chien** ( *Connecting Fist* ) *Shantung Whirling Palms*

**Black Belts:** **Endurance Punch & Kick Class** Saturdays & Tuesdays ONLY (Review "PaKua Chang – ½ Sections & Walks" – Sundays & Thursdays)

JANUARY

### FESTIVALS & SEMINARS

- **HSING-I SAN SHOU PAO** – Mind Will Fist  
*(Internal Boxing Two Person Set!)*
- **YIN/YANG STRETCHING & CONDITIONING**  
*(Positive and Negative Training)*
- **O-MEI White Eyebrow Monk's YIN DAGGER form**  
*Internal Weapon: Tai Chi / Pa Kua concepts and footwork*

Starting Saturday, January 6<sup>th</sup> (9AM – 10AM)  
OPEN To: 1<sup>st</sup> degree Black Belts & Above (for 4 weeks!)

Thursday, January 11<sup>th</sup> (7PM)  
OPEN To: White Belts & Above

Tuesday, January, 23<sup>rd</sup> (6PM – 9PM)  
OPEN To: White Belts & Above



FEBRUARY

**Brown Belts:** **Pai Hao Chuan Tse** ( *White Crane Circles Wings* ) **Pai Hao Huan Tse** ( *White Crane Flips Wings* )  
**Black Belts:** **Pa Huang Chien** *8 Directional Sword in PaKua circle*

### FESTIVALS & SEMINARS

- **CLASSICAL PA KUA SUN & MOON FORKS**  
*(Advanced Taoist Internal Double Weapons!)*
- **COLORADO SPRINGS ELDER MASTER ANNUAL VISIT**  
**PAKUA CHIANG** – Internal Taoist Spear seminar
- **O-MEI White Eyebrow Monk's YANG DAGGER form**  
*Internal Weapon: Hsing-I concepts and footwork*



Starting Saturday, February 3<sup>rd</sup> (9AM – 10AM)  
OPEN To: 3<sup>rd</sup> Browns & Above (for 8 weeks!)

Saturday, February 17<sup>th</sup>, Test/Pretest 10AM-1PM @ CSC C Spgs  
Saturday, February 17<sup>th</sup> 1PM-6PM OPEN to: All Students

Thursday, February, 22<sup>nd</sup> (6PM – 9PM)  
OPEN To: White Belts & Above



MARCH

**Brown Belts:** **Pai Hao Huan Chiao** ( *White Crane Flips Legs* )  
**Black Belts:** **Glove Sparring w/ PaKua Footwork and Application** – *Gloves/Headgear needed*

### FESTIVALS & SEMINARS

- **CLASSICAL PA KUA SUN & MOON FORKS**  
*(Advanced Taoist Internal Double Weapons!)*
- **WEAPONS DEFENSE CLASS** (Knife & Gun strategy/counter techniques)  
*(Learn the practical skills to defend yourself)*
- **BROWN BELT PRETEST**
- **BLACK BELT PRETEST** (Stage II – Final Pretest)
- **BROWN BELT TEST**
- **TAOIST 8 IMMORTALS DOUBLE WEAPONS**  
*Han Hsiang Tze' – "Sword & Flute" / Li Tieh Kuai "Sword & Gourd"*



Continuing Saturday, March 3<sup>rd</sup> (9AM – 10AM)  
OPEN To: 3<sup>rd</sup> Browns & Above (for 8 weeks!)

Tuesday, March 6<sup>th</sup> (7PM)  
OPEN To: White Belts & Above

Sunday, March 11<sup>th</sup> (12Noon)

Sunday, March 18<sup>th</sup>, 8AM-12Noon (Senior Black Belt Panel Required)

Sunday, March 18<sup>th</sup>, 12Noon-2PM (Black Belt Panel Required)

Sunday, March 18<sup>th</sup>, 2PM-8PM Open to: All Students



**REQUIRED INSTRUCTOR TRAINING WORKSHOP**      *Instructors Arrive Early Friday March 16<sup>th</sup> AM & Depart Late Monday March 19<sup>th</sup>*

**Brown Belts:** **Ching Kang Fu Hu Chien** ( *Golden Mountain Tiger Form* )  
**Black Belts:** **Mei Hua Chiang** ( *Plum Blossom Spear* )

### FESTIVALS & SEMINARS

- **ALBUQUERQUE ELDERMASTER VISIT**  
**SWOOP DOWN SWALLOW DAGGER & Original SHAO-LIN MONKEY FIST**      Saturday, April 7<sup>th</sup> Black Belt Pretest/ Lower Belt & Brown Belt Test 8AM-12Noon  
Saturday, April 7<sup>th</sup> 12Noon-5PM (Open to all CSC students)
- **SAN LU HUA CHIEN – BOOK III**  
*3<sup>rd</sup> Road of Hua Mountain Fist*
- **The ROAD to the DOUBLE TaMo CANES** – The Crutches of War!  
*TaMo's historic Fighting Cane Form & Application*



Beginning Saturday, April 14<sup>th</sup>, 9AM-10AM (for 3 weeks!)  
OPEN To: Brown Belts & Above

Tuesday, April 17<sup>th</sup>, 7PM-9PM  
OPEN To: White Belts & Above

