

中國少林武藝中心

# SHAO-LIN KUNG FU & TAI CHI

**OPEN To: Brown Belts and above**

Black Belt PreTest 8am

Brown Belt TEST – 12noon

China Trip Meeting –  
1:30PM



## Shao-Lin Flying Swallow Rope Dart Spins

*“Spins, Shoots, and Techniques”*



**Sunday, March 3<sup>rd</sup>, 2019**  
**2PM – 6PM**

**Place: CSC DENVER School**

*Be sure to purchase your Classical Rope Dart while  
supplies last! Padding will be available!!!*

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



**High intensity/skill  
training course.**

*Be sure to pad dart/tip of  
Rope Dart.*

**Recommend: mouth piece /  
shin pads / Feiyue shoes**



**CLASS FEE - \$100 (Day of Class)**

**EARLYBIRD FEE/WebSite - \$80 (Prior to day of Class )**

*(Remember to sign-up & pay Online!)*

***These dynamic techniques  
are being taught for the 1<sup>st</sup>  
TIME!***

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

**Attire: Complete uniform w/all patches!**

Lao Shur David

謝大昭



PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

**- not liable for personal injury -**

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[www.goshaolin.com](http://www.goshaolin.com)

Lao Shur Sharon

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