



# SHAO-LINKUNG FU & TAICHI

www.shao-lin.com "tentative" Class Schedule www.goshaolin.com



2024

JAN

FEB

MAR

APR

2024

All Events to be held at DENVER SCHOOL unless otherwise noted!

JANUARY

Brown Belts: **Chie Ch'ien (Connecting Fist) Shantung Whirling Palms**

Black Belts: **Swoop Down Swallow Dagger / Endurance Punch & Kick Month**

## FESTIVALS & SEMINARS

- **MI ZHONG CH'UAN** – Lost Track Fist  
Kung Fu Style of "FEARLESS"
- **MARROW WASHING & BRAIN NOURSHING Chi Kung**  
Strengthen the Mind / Cleanse & Fortify the Bones/Marrow



Beginning Saturday, January 6<sup>th</sup>, 9am-10am  
(For 4 Weeks!) **OPEN To: Brown Belts & Above**

Beginning Saturday, January 6<sup>th</sup> - For 8 Weeks/2 Months  
12Noon-1PM Every Saturday Open to All Levels

Saturday, January 13<sup>th</sup>, 10am-12noon  
**OPEN To: All Students – One Day Only**



Sundays, January 14<sup>th</sup> & 21<sup>st</sup> (10am – 12noon) @ CSC Denver  
**1<sup>st</sup> Blacks & Above – 2 Days Only**



FEBRUARY

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

## FESTIVALS & SEMINARS

- **IRON RULER** Crushes the DEMON  
Classical Chinese weapon from the Tang and Song dynasty used to strike pressure points

**Pai Hao Huan Tse (White Crane Flips Wings)**

Beginning Sat., February 3<sup>rd</sup>, 9am-10am (For 4 Weeks!)  
**OPEN To: Brown Belts & Above**



- **BLACK BELT PRETEST**
- **BROWN BELT TEST**

Sunday, February 11<sup>th</sup>, 9am-12Noon (Senior Black Belt Panel Required)  
Sunday, February 11<sup>th</sup>, 9am-12Noon (Black Belt Panel Required)

**YING JOW NA – Eagle Claw Kung Fu**  
(Includes Eagle Claw Chi Kung Training & Conditioning!)

**Sunday, February 11<sup>th</sup>, 12Noon-4pm Open to: All Students**

- **AR LU HUA CHIEN** – Legendary Heroic Taoist Kung Fu  
2<sup>nd</sup> Road of the Classical Hua Mountain Fist

Sundays, February 18<sup>th</sup> & 25<sup>th</sup> (10am – 12noon) @ CSC Denver  
**1<sup>st</sup> Blacks & Above – 2 Days Only**



- **WEAPONS DEFENSE & TECHNICAL PUNCH & KICK Class** Tuesday, February 27<sup>th</sup> (6PM-8PM) One Day ONLY  
(practical skills to defend yourself) Knife & Gun strategy/counter techniques! Focus/Power/Skill **OPEN To: White Belts & Above**



MARCH

Brown Belts: **Pai Hao Huan Chiao (White Crane Flips Legs)**  
Black Belts: **Northern Tan Tui "Shao-Lin Long Fist/Springy Legs" LoHans 1-30 w/ Applications & Ie Pu Tui Ta & Ie Pu Fa Shu (1-Step Sparring Skills)**

## FESTIVALS & SEMINARS

- **LIU HSING CH'UAN** – Taoist Internal System  
The 4<sup>th</sup> and most secret of the internal fighting styles

Starting Saturday, March 2<sup>nd</sup> (9AM – 10AM) @ DENVER  
**OPEN to: Brown Belts & Above (For 4 Weeks)**

- **Dr Hua Tou's 5 ANIMAL FROLICS Immortality Chi Kung**  
Dr Hua Tou is considered a "ShenYi" Divine Physician and Medicinal Diet

Beginning Saturday, March 2<sup>nd</sup> - For 12 Weeks/3 Months  
12Noon-1PM Every Saturday Open to All Levels

- **ALBUQUERQUE ELDER MASTER VISIT**  
**MONKEY'S MAGICAL DISAPPEARING STICK**

Sat., March 2<sup>nd</sup> Test/Pretest 8am-12noon @ CSC ABQ  
Festival – Sat., March 2<sup>nd</sup> @ 12-6pm **OPEN to: All Students**

- **TAN TAO Yi CHIU CHIE SAN PIEN**  
53 POSTURE SUNG DYNASTY CHAIN WHIP & BROAD SWORD FORM

Sunday, March 24<sup>th</sup> 9am – 12noon  
**1<sup>st</sup> Blacks & Above – One Day Only**



APRIL

Brown Belts: **Ching Kang Fu Hu Ch'ien (Golden Mountain Tiger Form)**

Black Belts: **Yang Chia Tai Chi Ch'uan (Classical Yang Family Tai Chi) Tai Chi/PaKua Blindfold PushHands w Applications**

## FESTIVALS & SEMINARS

- **CHING LOONG TAO**  
Taosit WuDang Mountain GREEN DRAGON BROADSWORD

Beginning Sat., April 6<sup>th</sup>, 9am-10am  
**OPEN To: Brown Belts & Above (for 4 weeks!)**

- **RALEIGH, NC ELDER MASTER VISIT**  
**SHAO-LIN SHUANG PI SHOU CHIEN** – Shao-Lin Classical Double Daggers **OPEN to: All Students**

Sat., April 6<sup>th</sup>, Test/Pretest 8am-12noon & **FESTIVAL 12Noon**

- **CHUE PANG**  
8 Immortal's Drunken Dbl-ended Staff

Sunday, April 21<sup>st</sup> & 28<sup>th</sup>, 10AM-12Noon  
**OPEN To: 1<sup>st</sup> Blacks & Above - 2 Days Only**

