



TANG LANG TZE SUA CHIEN

PRAYING MANTIS
PICK & PLAY FIST

中國少林武藝中心

Come prepared to get a unique perspective on one of the characteristics of the praying mantis. We will *explosively attack*, *methodically dissect*, and *voraciously devour* in the process of completing the form!



*This is a required class for
6th Degree Black Belts*

Where did praying Mantis Style
come from?

Read up on the history of the **Praying Mantis Fighting Style** and follow Wang Lang's transformation from being an arrogant young martial artist to becoming the founder of one of the most diverse and colorful fighting systems today. The 11 main branches of the system in existence (*and many other offshoots*) clearly illustrate the immense variety of concepts and techniques that Wang Lang, with the help of the Shao-Lin Monks, incorporated into the system.

You can find it in your training Manual on page 2-22 and 2-23.

Shao-Lin Kung Fu/Tai Chi/Wooden Man
www.shao-lin.com

303.455.4088

7174 Washington St, Denver 80229

OPEN to:
Brown Belts &
Above

When/Where:
DENVER:
Saturdays:
Beginning
JULY 6th, 2024
9AM-10AM
(For 4 Weeks)
www.goshaolin.com

Class Fee:
\$50 Earlybird/Website
\$70 Day of Class
(Repeat Attendance \$40)

