

PANG vs PANG

Double-Ended STAFF CLASS

“Part I”

Staff Training and Conditioning

Exciting 2-Person Shao-Lin Staff Fighting Set

Open to: WHITE BELTS and Above

(More applied staff skills! Part 2 is coming soon!)

Saturday, AUGUST 23rd, 2025

LOCATION: DENVER 10am-12noon

中國少林武藝中心

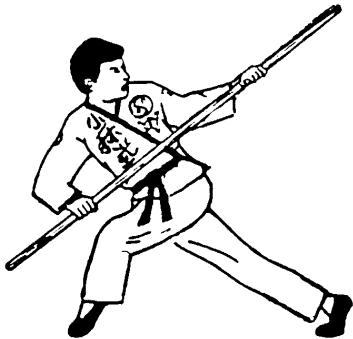
SHAO-LIN KUNG FU & TAI CHI

(Required for Testing to 1st degree Black Belt & Above!)
Opportunity to “PreTest” over “Pang vs Pang” Day of Festival

**An opportunity to learn all the spins, blocks, thrusts, sweeps and footwork,
followed by an Exciting 2-person weapon form!**

**** Regularly Scheduled Black/Brown & Wooden Man Classes
will be held today @ 1PM-2PM following Dragon Meditation. ****

*This Exciting Weapons Class
Is Taught Only Once Each Year...
Don't Miss Out!*



CLASS FEE - \$60 (After of Class)

Repeat attendance - \$30

EARLYBIRD FEE - \$40

(By day of Class)

www.shao-lin.com

Remember to Bring: 1- Rattan Staff
(New shipment of rattan just arrived this month!)

PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

- *not liable for personal injury* -
Attire: Complete Uniform w/all Patches!

Sr Elder Master Sharon

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7174 Washington St., Denver, Colorado 80229 U.S.A. 303/455-4088

www.goshaolin.com

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