

# SHAO-LINKUNG FU & TAI CHI TENTATIVE CLASS SCHEDULE

2022

JAN

FEB

MAR

APR

2022



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

Black Belts: **Endurance Punch & Kick Class Saturdays ONLY** (Review "PaKuaChang - Walks & 1/2 Sections & 2-Person Set" - Sundays/Tuesdays/ Thursdays)

JANUARY

## FESTIVALS & SEMINARS

- CHEN CHIA "TAI CHI CHUAN" - *Chen Family Old Frame* (9<sup>th</sup> Generation 83 Posture Form - Agility, Speed & Fa Jing!)
- YIN/YANG STRETCHING & CONDITIONING (Positive and Negative Training) *Required for All Levels*
- TIEN HSUIEH - 36 "Hit the BronzeMan" (*Dim Mak with Solutions*) *Fa Jing Skills*

Starting Saturday, January 1<sup>st</sup> (9AM - 10AM)  
OPEN To: Brown Belts & Above (for 9 weeks!)

Saturday, January 15<sup>th</sup> (10AM-12Noon)  
OPEN To: White Belts & Above(1 Day ONLY!)

Sunday, January, 23<sup>rd</sup> (9AM - 1PM)  
OPEN To: 4<sup>th</sup> degree Blacks & Above (1 Day ONLY!)



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



FEBRUARY

## FESTIVALS & SEMINARS

- CHEN CHIA "TAI CHI CHUAN" - *Chen Family Old Frame* (9<sup>th</sup> Generation 83 Posture Form - Agility, Speed & Fa Jing!)
- HSIANG CHUNG LI - Pa Hsien - *The Stomping Immortal* (Taoist 8 Immortals - Intro to Dynamic Fa Jing Skills)
- YING JOW NA (*Eagle Claw Kung Fu*) (Includes Eagle Claw Chi Kung Training & Conditioning!)

Continuing Saturday, February 5<sup>th</sup> (9AM - 10AM)  
OPEN To: Brown Belts & Above (for 4 weeks!)

Sunday, February 6<sup>th</sup> (9AM - 12Noon)  
OPEN To: Brown Belts & Above (1 Day ONLY!)

Sunday, February, 20<sup>th</sup> (9AM - 12Noon)  
OPEN To: White Belts & Above (1 Day ONLY!)



Brown Belts: **Pai Hao Huan Chiao** ( *White Crane Flips Legs* )

Black Belts: **Ie Pu Tui Ta & Ie Pu Fa Shu** (1-Step Sparring Skills) **PaKua Footwork/Application - PushHands - Gloves/Headgear needed**



MARCH

## FESTIVALS & SEMINARS

- SAN LU HUA CHIEN - BOOK III (3<sup>rd</sup> Road of Hua Mountain Fist)
- BLACK BELT PRETEST (Stage II - Final Pretest)
- BROWN BELT TEST
- 1<sup>st</sup> Road of the Shao-Lin "DOUBLE" GOLDEN PIPES (Dynamic 36 Posture Sung Dynasty Monk's Secret Weapon)

Beginning Saturday, March 5<sup>th</sup> 9AM-10AM (for 4 weeks!)  
OPEN To: White Belts & Above

Sunday, March 6<sup>th</sup>, 8AM-12Noon (Senior Black Belt Panel Required)

Sunday, March 6<sup>th</sup>, 12Noon-2PM (Black Belt Panel Required)

Sunday, March 6<sup>th</sup>, 2PM-6PM Open to: All Students

## INSTRUCTOR TRAINING WORKSHOP

Instructors Arrive Early Friday March 4<sup>th</sup> & Depart Late Monday March 7<sup>th</sup>

- Lu Tung Ping's SWORD & DAGGER Festival (Taoist 8 Drunken Immortal's Double Weapon seminar) !)

Sunday, March 20<sup>th</sup> (9AM - 12Noon)  
OPEN To: 3<sup>rd</sup> Browns & Above (1 Day ONLY!)



APRIL

Brown Belts: **Ching Kang Fu Hu Chien** ( *Golden Mountain Tiger Form* )

Black Belts: **Northern Tan Tui "Shao-Lin Long Fist/Springy Legs"** LoHans 1-30 w/ Applications



He Hsiang Ku

## FESTIVALS & SEMINAR

- HE' HSIANG KU - Pa Hsien (Taoist 8 Immortals - The Elegant Female Immortal - Focusing on Yielding & Fa Jing)
- HUA TO DEAD "Taoist Immortality Training" (5 Animal Play/Frolics - Taoist Chi Kung Training)

Beginning Saturday, April 2<sup>nd</sup>, 9AM-10AM (for 5 weeks!)  
OPEN To: Brown Belts & Above

Beginning Saturday, April 2<sup>nd</sup>, 12Noon-1PM (for 5 weeks!)  
OPEN To: White Belts & Above



- ALBUQUERQUE ELDERMASTER VISIT DOUBLE HAND AXES - Hero Li Kwei - The Black Whirlwind

Saturday, April 9<sup>th</sup> Black Belt Pretest / Lower/Brown Belt Test 8AM-12Noon  
Saturday, April 9<sup>th</sup> 12Noon-6PM (Open to all CSC students)



- Hsiang Chung Li's SWORD & FAN Festival (Taoist 8 Drunken Immortal's Double Weapon seminar) !)

Sunday, April 24<sup>th</sup> (9AM - 12Noon)  
OPEN To: 3<sup>rd</sup> Browns & Above (1 Day ONLY!)

