

中國少林武藝中心

SHAO-LIN KUNG FU & TAI CHI
DOUBLE Festival @ DENVER

OPEN To: White Belts and Above

1) *PUNCHING & KICKING CLASS*

Focus / Snap / Distance / Rooting / Power

2) *SPARRING THEORY & CONCEPTS*

"Good Judgment comes from Experience / Experience comes from Bad Judgment"

****Tuesday, March 21st, 2023 @ Denver 6PM-8PM****

Optional: Be sure to bring or purchase your Sparring Gloves, Headgear, Shin & Forearm Pads, & Rebreakable Board(s), while supplies last!!!

Focus / Snap / Power / Skill

(Focusing on applications from forms and sparring techniques!)

www.goshaolin.com

CLASS FEE - \$60 (Day of Class)

Repeat Attendance \$30

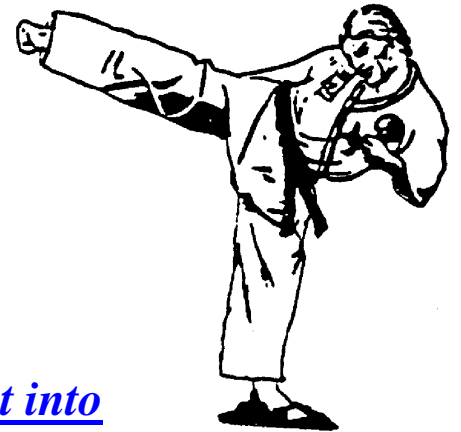
EARLYBIRD FEE - \$40 (Prior to Class)

**These classes are required for advancement into
1st degree Black Belt and ABOVE!**

Attire: Complete uniform w/all patches!

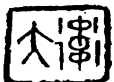
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<http://www.shao-lin.com>



Sr ElderMaster David

謝大昭



PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

- **-not liable for personal injury -**

Sr ElderMaster Sharon

邵秀倫



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