

中國少林武藝中心

SHAO-LIN KUNG FU & TAI CHI

OPEN To: 1<sup>st</sup> Degree BLACK BELTS AND ABOVE

# HSING I CH'UAN

## SHIH ER HSING

### Internal Boxing - **2 Person Set**

(Integrating: 5 Roads / 12 Animals / Iron Bone / Sparring Application)

3 Days ONLY - Sundays, November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> 2023

10AM – 12Noon

(For 3 Days Only!)

@ CSC – DENVER

CLASS FEE - \$70 (Day of Class)

Repeat Attendance: \$40

EARLYBIRD FEE - \$50 (Before Day of Class)

### Chinese Mind-Body Boxing

A 2<sup>nd</sup> Black Belt Required Class!

Required Reading  
CSC Training Manual  
Pages: 5-42 thru 5-44

PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

- not liable for personal injury -

Attire: Complete Uniform w/all Patches!

This unique area of internal  
Training is taught **only once every**  
2 Years... Don't Miss It!

Sr Elder Master (Lao Shur) David

Sr Elder Master (Lao Shur) Sharon

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

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