

# Chinese Shao-Lin Center



Classical

## I CHIN CHING

The original training taught by Ta Mo over 1500 years ago to strengthen the mind and body of the Shaolin Monks!

All 49 postures taught over 2 months -  
September and October

Saturdays beginning September 7th, 2024

12noon - 1pm

Fee: \$80



Bring your focus and balance stones to harmonize your chi in these intense postures!



**Required** for all Brown and Black Belt students who have tested or will be testing in 2024 and 2025

Please refer to your Shao-Lin Training Manual in the section on I Chin Ching

- Not liable for personal injury -

