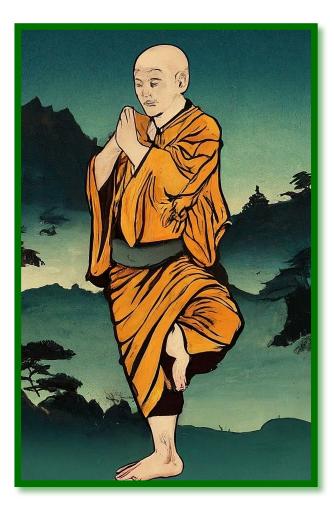
Chínese Shao-Lín Center



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 -

