

中國少林武藝中心

SHAO-LIN KUNG FU & TAI CHI

功夫

OPEN TO: **WHITE BELTS AND ABOVE**

**“Yin/Yang” Stretching
and Conditioning Class**



The Original *“Positive & Negative”* Fitness/Training

A Unique & Advanced Concept / Least Time Invested for Greatest Benefits



Saturday, January 24th, 2026 @ DENVER

**10AM – 12Noon
ONE (1) Day ONLY!!!**

功夫

**CLASS FEE - \$40 (Day of Class)
Repeat Attendance \$30!**

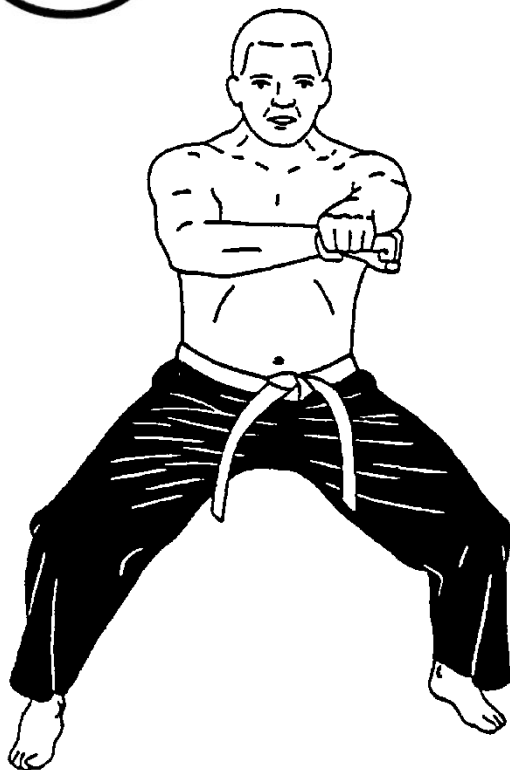
www.goshaolin.com

A Brown Belt Required Class!

**This Unique Conditioning Class is taught
ONLY Once a Year!! Don't Miss It!**

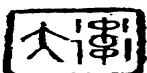
**This class is required for “advancement”
to 1st degree Black Belt! And Beyond!!!**

**REQUIRED READING:
CSC Student Training Manual
Page 3-11 & 3-12**



Sr Lao Shur David

謝大衛



PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

- not liable for personal injury -

7174 Washington St., Denver, Colorado 80229 U.S.A. 303/455-4088
<http://www.shao-lin.com>

Sr Lao Shur Sharon

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Attire: Complete Uniform w/all Patches!