中國少林武藝中心

Shao-Lin Kung Fu & Tai Chi & Wooden Man

Open To: All Brown and Black Belts

HU HE SHUANG HSING

"Classical Tiger and Crane Form"





Starting Saturday, December 5th, 2026
9AM – 10AM

(For 4 weeks !)







Place: CSC – Denver
www.goshaolin.com

CLASS FEE - $80 (Day of Class)
Repeat Attendance: $60
EARLYBIRD FEE - $70 (Prior to Class)

This advanced Shao-Lin Art –
The most advanced form within the
"Hung Gar Style" is only taught
once every two years!



http://www.shao-lin.com

ElderMaster Abram:
Tiger-Crane Double Form
The highest form in the Hung Gar style of Kung-Fu. Invented at the Shao-Lin Temples in Ancient China,
It has the perfect blend of both hard and soft, tension and relaxation, slow and fast.
This was one of the forms that i demonstrated throughout the Orient in 2004.

I remember my Master, Sharon Soard, thoroughly instructing me over this form about 17 years ago.
She was dissecting my every movement, smiling politely, and shaking her head often.
There were many corrections that day! 😅

I think of my Master each time i go through it - she being the epitome of what this form is all about.
I hope that one day i will do it at least half as good as she does!

#inspired #appreciative #thankful #stilltrying #oneday

(The above comment above posted by ElderMaster Abram Tamez in 2019!)

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

Lao Shur David
謝大泊

PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS
Attire: Complete uniform w/all patches!

Lao Shur Sharon
邵秀倫

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