

中國少林武藝中心

# SHAO-LIN KUNG FU & TAI CHI

Open to Brown Belts and Above - @ CSC-Denver

## PA KUA 7 STAR STAFF

Pa Kua Chi Hsing Kuen Tien Shie Hua Pu Tze Ai

“The 2<sup>nd</sup> Sutra of Hitting Pressure Points Using Pa Kua 7 Star Staff”



**Sign Up NOW!! SUNDAY**  
**January 29<sup>th</sup>, 2023**  
**9am-12Noon (For ONE Day ONLY)**  
*(Also available @ Facebook:  
Shao-Lin Zen Forest PaKua 7 Star Staff Group)*

**EARLYBIRD/WEBSITE FEE: \$50 (Before Day of Class) / Repeat Fee: \$40**

Sign up NOW @ [www.shao-lin.com](http://www.shao-lin.com)

**About the PA KUA Fighting System:**  
Pa Kua is one of the three pillars of 'Internal Styles' of the Shao-Lin (along with Tai Chi and Hsing-I) and is known for its evasive & circular footwork, unusual & effective striking angles, and deceptive fighting strategies & concepts!

The health benefits of Pa Kua are similar to those of Tai Chi and it is known that "Walking the Pa Kua Circle" improves balance and coordination, tones the muscles, strengthen the knees & back, and relieves stress!



**Pa Kua Staff should be tapered at BOTH Ends**

*(Same double-ended staff as your Hsing I 6 Harmonies Staff)*

**Order from your instructor ASAP!**

**NOTE:** This material may not be taught between students. This material may not be shown, demonstrated, nor reproduced in any manner, by any student!

**Attire: Complete uniform w/all patches!**

– not liable for personal injury –

**PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS**

7174 Washington St., Unit C, Denver, CO (Adams County) 80229  
303.455.4088 / 800-shaolin  
<http://www.shao-lin.com>

