

中國少林武藝中心

SHAO-LIN KUNG FU & TAI CHI

Open to: White Belts and above

HSIENTIEN CHI - Ancient Taoist Meditation
and Hua T'ou's Five Animal Frolic
Breathing Skills for Health & Energy!



*Beginning Saturday, October 1st, 2022
12Noon - 1PM For 9 Weeks*

Place: DENVER school

Opportunity to "PreTest" over "Hua Tuo" postures Last class of the Month!

*Ancient Taoist Chi Kung
Immortality Postures*

2nd degree Black Belt Advancement Requirement

CLASS FEE - \$100 (Day of Class)

EARLYBIRD FEE/WebSite -\$80 (Prior to Day of Class)



The Crane

CHI KUNG Training

16 classical Postures designed for
Health, Longevity and Chi cultivation!



The Tiger



The Deer



The Monkey



The Bear

*This classical method of Chi Kung training is
taught only once every 3 years!*

Attire: Complete uniform w/all patches!

SR ElderMaster David

謝大昭



PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS

- not liable for personal injury -

7174 N. Washington St., Denver, Colorado 80229 U.S.A. 303/455-4088

<http://www.shao-lin.com>

www.goshaolin.com

SR ElderMaster Sharon

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