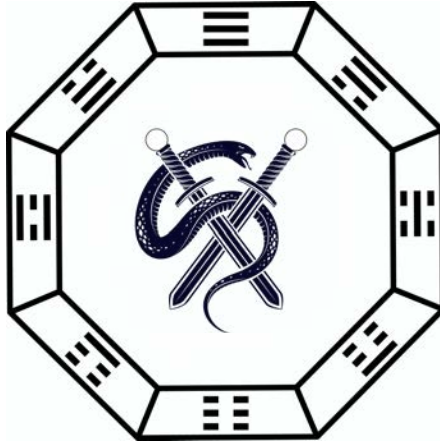


Shao-Lin Kung Fu & Tai Chi

TWIN DAGGER SNAKE PA KUA

Sunday, March 5, 2023
2 pm - 6 pm

Fee: \$100



Open to All Students

2 Daggers Needed

Available from Instructor
while supply lasts

Black Belt Pre Test

Sunday, March 5, 2023
8 am - 12 noon

Senior Black Belt Panel Required

Twin Dagger Snake Pa Kua



Wu Tang Temple Form

Brown Belt Test

Sunday, March 5, 2023
12 noon - 2 pm

Black Belt Panel Required

Instructor Workshop Weekend
Friday, March 3 thru
Monday, March 6, 2023

Wu Tang form inspired by the legend of Nu Gua, the snake/human goddess who populated the earth and established a balance of yin and yang in the world. Pa Kua uses the energy that is coiled like a snake at the base of the spine. The daggers focus this yin and yang energy while utilizing the circular Pa Kua movements to draw and awaken the dormant chi.

