

中國少林武藝中心

SHAO-LIN KUNG FU & TAI CHI

Open to: White Belts and above

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



**Beginning Saturday, MARCH 2nd, 2024
12Noon – 1PM For 12 Weeks**

Place: DENVER school

**Ancient Taoist Chi Kung
Immortality Postures**

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

2nd degree Black Belt Advancement Requirement

CLASS FEE - \$60/Month (After Day of Class)
EARLYBIRD FEE -\$40/Month (Day of Class)



The Crane

IMMORTALITY Training
*59 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 -

SR ElderMaster Sharon

邵秀倫



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

www.goshaolin.com