

2024 ANNUAL SENIOR ELDER MASTERS VISIT ~ COLORADO SPRINGS, CO
9TH DEGREE BLACK BELT SENIOR ELDER MASTERS SHARON & DAVID SOARD

TAI CHI HEAVEN & EARTH DOUBLE STICKS

Dynamic, balanced internal weapons training.

SATURDAY
AUGUST 3, 2024
Colorado Springs, CO

TEST/PRE-TEST

9 AM - 12 PM
ALL Kung Fu Levels
Wooden Man
Tai Chi

FESTIVAL

12 - 5 PM
Open to ALL levels

OUT OF TOWN Fee
(Pay by day of class)
\$100

EARLY BIRD Fee
(Pay before day of class)
\$100

CLASS Fee
(Pay on day of class)
\$125

Repeat attendance \$50

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Attire: Complete uniform with patches.

Weapons: Purchase from your instructor while supplies last.

Reminders:

This form may not be taught between students. This material may not be demonstrated, shown, nor reproduced in any manner by any student.

No video or audio recording is permitted at the test or festival.

Not liable for personal injury.





MAP & INFO

COLORADO SPRINGS, CO

ITINERARY

AUGUST 3, 2024

Colorado Springs, CO

BLACK BELT PRE-TEST & ALL-LEVELS TEST

9 AM - 12 PM

ALL Kung Fu Levels

Wooden Man

Tai Chi

Test: Wear full gi (clean and pressed) with all patches. Bring sparring gear, weapons, water, etc.

Panel: Bring clipboard/pen
1st Blacks—white tops
Sr. Blacks—black tops

FESTIVAL

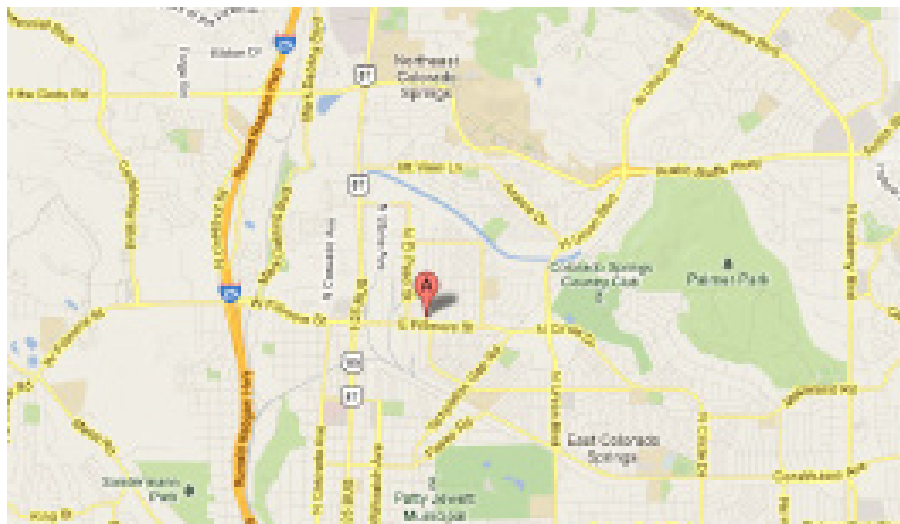
12 - 5 PM

**Tai Chi Heaven & Earth
Double Sticks**

Open to ALL levels!

DINNER

TBD



DIRECTIONS - 3011 N. PROSPECT ST. 80907

- » From I-25, take Fillmore exit. Turn East (away from the mountains).
- » Turn LEFT onto Prospect (about 1 mile from I-25).
- » We're in the yellow building on the right.

LODGING

Contact Master Tanisha, Tanisha@7StarPhoenix.com or (719) 377-2108 (text or call) to arrange lodging with host students.

Or try one of these:

- » Kathy Blanchard, travel agent, GoFurtherTravel.net (719) 302-6228. (No fee for hotel bookings, with or without flight assistance.)
- » La Quinta ~ 4385 Sinton Rd. (719) 528-5060, LQ.com
- » Quality Inn ~ 555 Garden of the Gods Rd. (719) 593-9119, Qualityinn.com
- » Others nearby at Fillmore / I-25 or Garden of the Gods / I-25 area

ALL-VEGAN RESTAURANTS

- » Santana Vegan Grill ~ 5046 Academy (at Union) (719) 271-9113
- » Burrowing Owl ~ 1791 S 8th St. (719) 434-3864
- » Ola Juice Bar ~ 27 E. Kiowa (719) 633-3111

VEGAN OPTION RESTAURANTS

- » Trinity Brewing Company ~ 1466 Garden of the Gods (719) 634-0029
- » Poor Richards ~ 324 1/2 Tejon St. (719) 578-5549
- » Mountain Mama's ~ 1625 Uintah St. (719) 633-4139

Chinese Shao-Lin Center ~ Denver



Heaven & Earth Tai Chi Chuan

DRAGON MEDITATION @ CSC Denver for Saturday, August 3, 2024

**- will not be held so that everyone can attend the
TAI CHI HEAVEN AND EARTH STICKS FESTIVAL**

The Denver CSC Dragon Meditation class has been working on drawing the flowing energy through the practice of the 5 Animal Flowing Energy Movements. Heaven and Earth Tai Chi is a perfect extension of drawing this flowing energy. It's highly recommend for your internal practice!

Heaven & Earth Tai Chi for All Levels of Shao-Lin Students!

All Shao-Lin Students will benefit from this practice of Tai Chi. Great for relaxation, coordination, meditation as well as energy cultivation!

7th Black Required Class
Don't wait - Energy Work requires time to cultivate - begin your training now...

This is a rare form of Tai Chi Chuan using white waxwood sticks. The wood has a similar vibration as the bones in your body. The wax nature of the sticks adds another avenue for the energy to be drawn.

Heaven & Earth Tai Chi Double Stick Festival

Saturday, August 3, 2024

12noon - 5pm

Colorado Springs, CO

Denver Dragon Meditation for August will begin Saturday, August 10th from noon - 1pm for 4 weeks as usual.

TAI CHI HEAVEN AND EARTH DOUBLE STICKS FESTIVAL

Held at 7 Star Phoenix Shao-Lin School

**3011 N. Prospect Street,
Colorado Springs, CO
80709**

See your instructor to purchase your
Tai Chi Energy Sticks

Fee: \$100 if paid by date of class
\$125 if paid after date of class
\$50 - 2nd time attending