



# SHAO-LINKUNG FU & TAI CHI & WOODEN MAN CLASS SCHEDULE

2023 SEPT OCT NOV DEC 2023



Brown Belts: Luo Tien / Chan Ie "Descends from Heaven / Spreading of the Wings"

Black Belts: Tai Chi/PaKua Blindfold PushHands w Applications / Northern Tan Tui 1-30 / Chin Na / Ie Pu Tui Ta / Ie Pu Fa Shu

## FESTIVALS & SEMINARS

- Chang Kuo Lao's SWORD & CANE Festival \*Sun., Sept. 3<sup>rd</sup> (10AM – 12Noon) OPEN To: 3<sup>rd</sup> Browns & Above (\*1 Day ONLY!) (Taoist 8 Drunken Immortal's Double Weapon seminar) A scholar and hermit also known as Old Man Chang
- 7 Star Mantis ENERGY GATE Chi Kung Beginning Saturday, September 2<sup>nd</sup> - For 4 Months Open to All Levels Foundation Training of Arms/Legs/Body - Hard & Soft Hands of the Mantis 12Noon-1PM Every Saturday
- HSING I PAND LOONG CHIEN – Entwine the Dragon Sword \*Sunday, September 17<sup>th</sup> (9AM – 12Noon) (\* 1 Day ONLY!) OPEN to: Brown & Blacks Belts. (CSC DENVER)
- ALBUQUERQUE ELDER MASTER VISIT SAT., Sept. 23<sup>rd</sup> Test/PreTest (9AM-1PM) @ CSC ABQ Earthly White TIGER Challenges Heavenly Green DRAGON (1PM – 6PM) OPEN To All Levels



SEPTEMBER

Brown Belts: Yen He' "Performing Swallow"

Black Belts: Classical Pa Kua Chang Sections 1-3 w/ Applications (including Iron Rings) "Taoist 8 Changes of the Palm"

## FESTIVALS & SEMINARS

- FIST of the PENETRATING HAMMER (Legendary 7 Star Mantis System) Starting Saturday, Oct. 7<sup>th</sup> 4 weeks 9AM-10AM
- Cha Chue Ch'ien: 32 Posture Mantis Form (This form is also in the "Mayflower Mantis" System)
- 7 Star Mantis ENERGY GATE Chi Kung Continuing on Saturdays throughout October - For 3 Months Foundation Training of Arms/Legs/Body - Hard & Soft Hands of the Mantis 12Noon-1PM Every Saturday
- HSING I 6 HARMONIES STAFF – Liu He' Kuen \*\*2 Sundays, October 1<sup>st</sup> & 8<sup>th</sup> (10AM – 12Noon) OPEN to: Brown & Blacks Belts. (\*\*2 Days ONLY!) CSC DENVER
- BLACK BELT PRETEST/BROWN BELT TEST Sunday, October 22<sup>nd</sup> (9AM – 1PM) (Senior Black Belt Panel Required)
- Another Amazing Kung Fu FESTIVAL @ Denver (TBA) 43 Years of FUN! Sunday, October 22<sup>nd</sup> (1PM – 6PM)



OCTOBER

Brown Belts: Lien Wu Chang "5 Directional Palm" Shantung Whirling Palms Fighting System

Black Belts: Classical Pa Kua Chang Sections 4-6 w/ Applications (including Iron Rings) "Taoist 8 Changes of the PALM"

## FESTIVALS & SEMINARS

- TEN ROADS of the 7 STAR MANTIS (Legendary 7 Star Mantis System)
- TAN TUI Chi Hsing Tang Lang Starting Saturday, Nov. 4<sup>th</sup> - for 2 months November/December (9AM – 10AM)
- 7 Star Mantis ENERGY GATE Chi Kung Continuing on Saturdays throughout November - For 2 Mths Foundation Training of Arms/Legs/Body - Hard & Soft Hands of the Mantis 12Noon-1PM Every Saturday
- HSING I Internal Boxing 2-Person Fighting Set \*\*\*3 Sundays, November 5<sup>th</sup> & 12<sup>th</sup> & 19<sup>th</sup> (10AM – 12Noon) \*\*\*3 Days ONLY! (Integrating: 5 Roads / 12 Animals / Iron Bone / Sparring) OPEN to: 1<sup>st</sup> Blacks Belts & Above. (CSC DENVER)
- ANNUAL ELDER MASTER VISIT – BARCELONA, Spain (10 Year Anniversary) SAT., Nov. 25<sup>th</sup>, Test & Festival TANG LANG TZE SUA CH' IEN – Dynamic Preying Mantis "Pick & Play" Fist Open to all CSC students! (Check Flies for Fly)



No classes Thursday, November 23<sup>rd</sup>! Enjoy your Holidays! Classes Resume on Saturday, November 25<sup>th</sup> as usual!

Brown Belts: T'ie Cha "Iron Ruler – Double Sai form"

Black Belts: Classical Pa Kua Chang Sections 7-8 / PaKua 2-Person Fighting Set w/ Applications (including Iron Rings) "8 Changes of the PALM"

## FESTIVALS & SEMINARS

- TEN ROADS of the 7 STAR MANTIS (Legendary 7 Star Mantis System)
- TAN TUI Chi Hsing Tang Lang Starting Saturday, Nov. 6<sup>th</sup> - for 2 months November / December (9AM – 10AM)
- 7 Star Mantis ENERGY GATE Chi Kung Continuing on Saturdays throughout December - For 1 More Mth
- He' Hsiang Ku's SWORD & WHISK Festival Saturday, Dec. 9<sup>th</sup> 10AM – 12Noon OPEN To: All Levels (1 Day ONLY!) (Taoist 8 Drunken Immortal's Double Weapon seminar) Elegant Female Immortal
- No classes Saturday & Sunday, December 23<sup>rd</sup> & 24<sup>th</sup>! Enjoy your Holidays! Classes Resume on Tuesday, December 26<sup>th</sup>!



NOVEMBER

DECEMBER