## 中國少林武藝中心

## CHINESE SHAO-LIN CENTER

Open to All CSC-Raleigh Students

## SAN HE CHIEN **IRON MONK FORM and TRAINING!**

Begins Saturday, Feb 3<sup>rd</sup>, 2024 1:45PM - 2:30PM For 4 Weeks!

1st TIME FEE \$40

Repeat Attendance - Free!

\*Must have active membership to participate.

This Classical area of Chi Kung Training within our art is taught only twice each year! Sign Up Now!!



Required Reading: **CSC Student Manual** Page 5-8

The *ULTIMATE* **Training for Rooting & Sinking!** 

> **OPTIONAL BOARD** BREAKING!



## **COMPLETION** is required for:

3rd BROWN BELT Advancing to 2nd BROWN BELT 2<sup>nd</sup> BROWN BELT Advancing to 1<sup>st</sup> BROWN BELT 1st BROWN BELT Advancing to 1st BLACK BELT

PLEASE SIGN UP AND PAY FEE TO INSTRUCTORS not liable for personal injury –

> 1333 Buck Jones Rd. Cary, NC 27511 919-283-MONK (919-283-6665) www.shaolinNC.com





5th Degree Black Belt