

SHAO-LIN KUNG FU & TAICHI TENTATIVE CLASS SCHEDULE

2024 JAN FEB MAR APR 2024



JANUARY

Brown Belts: **Chie Chien** (*Connecting Fist*) *Shantung Whirling Palms*

Black Belts: **Swoop Down Swallow Dagger**

Wednesdays: **5 Animal Conditioning**

FESTIVALS & SEMINARS

- **IE LU HUA CHIEN**
(1st Road of Hua Mountain)
- **YUEH FEI SHIH PA KWAN**
(Yueh Fei's 18 Continuous Postures)
- **DOWN AND GROUND**
(Sweeps, Takedowns, Ground Techniques)
- **PANG VS. PANG – Part I**
(2 Person Staff Set)

Starting Saturday, January 6th (10:45 – 11:45AM)
OPEN To: Brown Belts & Above (for 4 weeks!)

Starting Saturday, January 6th (1:45 – 2:30PM)
OPEN To: All CSC-Raleigh Students (for 4 weeks!)

Tuesday, January 16th (7:15-9:15PM)
OPEN To: All CSC-Raleigh Students

Tuesday, January 30th (7:15– 9:15 PM)
OPEN To: All CSC-Raleigh Students



FEBRUARY

Brown Belts: **Pai Hao Chuan Tse** (*White Crane Circles Wings*) **Pai Hao Huan Tse** (*White Crane Flips Wings*)

Black Belts: **Pa Huang Chien** - 8 Directional Sword in PaKua circle

Wednesdays: **Le Pu Tue Ta – 1 Step Sparring Techniques + Glove Sparring**

FESTIVALS & SEMINARS

- **PANG VS. PANG – Part II**
(2 Person Staff Set)
- **HSING I WU HSING**
(Hsing I 5 Roads)
- **SAN HE' CHIEN**
(Iron Monk Form)
- **YIN/YANG STRETCHING AND CONDITIONING**
(Positive/Negative Stretching and Conditioning)
- **WEAPONS DEFENSE**
(Gun/Knife/Stick Defense)

Thursday, February 1st (7:15– 9:15 PM)
OPEN To: All CSC-Raleigh Students

Starting Saturday, February 3rd (10:45– 11:45AM)
OPEN To: 1st Degree Black Belts & Above (for 4 weeks!)

Starting Saturday, February 3rd (1:45– 2:30M)
OPEN To: All CSC-Raleigh Students (for 4 weeks!)

Tuesday, February 13th (7:15-9:15PM)
OPEN To: All CSC-Raleigh Students

Tuesday, February 27th (7:15-9:15PM)
OPEN To: All CSC-Raleigh Students



MARCH

Brown Belts: **Pai Hao Huan Chiao** (*White Crane Flips Legs*)

Black Belts: **Northern Tan Tui “Shao-Lin Long Fist/Springy Legs” LoHans 1-30 w/ Applications**

Wednesdays: **Endurance Punch and Kick**

FESTIVALS & SEMINARS

- **ALBUQUERQUE SR. ELDERMASTER VISIT**
MONKEY'S MAGICAL DISAPPEARING STICK
- **HUA CHOU HUAN TAO**
(Hua 9-Ring Broadsword)
- **HUA TO DEAD**
(Hua To Chi Kung Training)
- **CHUAN YANG CHIEN**
(Skewer the Sun Sword)
- **PRETEST FOR SR. ELDER MASTER VISIT**
(Tai Chi/Lower/Brown Belt)

Saturday, March 2nd Black Belt Pretest / Lower/Brown Belt Test (8AM)
Saturday, March 2nd (12PM) (Open to all CSC students)

Starting Saturday, March 9th (10:45 – 11:45AM)
OPEN To: Brown Belts and Above (for 4 weeks!)

Starting Saturday, March 9th (1:45-2:30PM)
OPEN To: All CSC-Raleigh Students (for 8 weeks!)

Tuesday, March 12th (7:15– 9:15 PM)
OPEN To: All CSC-Raleigh Students

Wednesday, March 27th (6:30 – 9:30 PM)
OPEN To: All CSC-Raleigh Students



APRIL

Brown Belts: **Ching Kang Fu Hu Chien** (*Golden Mountain Tiger Form*)

Black Belts: **Northern Tan Tui “Shao-Lin Long Fist/Springy Legs” LoHans 1-30 w/ Applications**

Wednesdays: **Glove/Foam Weapons Sparring**

FESTIVALS & SEMINAR

- **RALEIGH SR. ELDERMASTER VISIT**
SHAO-LIN SHUANG PI SOU CHIEN – Shao-Lin Double Daggers
- **HSING I LIAN HUAN**
(Hsing I Linkage)
- **HUA TO DEAD**
(Hua To Chi Kung Training)
- **TECHNICAL PUNCH AND KICK**
(Focus on Snap and Power)

Saturday, April 6th Black Belt Pretest / Lower/Brown Belt Test 11AM
Saturday, April 6th 3PM (Open to all CSC students)

Starting Saturday, April 13th
OPEN To: 1st Degree Black Belts and Above (For 3 Weeks!)

Continues Saturday, April 13th (1:45-2:30PM)
OPEN To: All CSC-Raleigh Students (for 3 more weeks!)

Tuesday, April 16th (7:15PM – 9:15PM)
OPEN To: All CSC-Raleigh Students

