

## SHAO-LIN KUNG FU & TAI CHI TENTATIVE CLASS SCHEDULE

MAY

**Brown Belts:** Hai Loong Chiang (Sea Dragon Cane)  
**Black Belts:** Mei Hua Chang (Plum Blossom Spear)  
**Wednesdays:** **Le Pu Fa Shu - 1 Step Fighting Techniques**

- ER LU HUA CHIEN  
*2nd Road of Hua Mountain*
- HUA TO 5 ANIMAL LIVE  
*Taoist Chi Kung Training*
- YIN/YANG STRETCHING AND CONDITIONING  
*Positive/Negative Stretching and Conditioning*
- PRETEST
- RALEIGH SR. ELDERMASTER VISIT  
**DRUNKEN MONKEY STEALS THE IMMORTAL'S CRUTCH**

**Begins Saturday, May 2nd (10:45 – 11:45AM)**  
**OPEN To:** Brown Belts & Above (For 4 Weeks!)

**Begins Saturday, May 2nd (1:45-2:30 PM)**  
**OPEN To:** All CSC-Raleigh Students (For 4 Weeks!)

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

**Wednesday, May 20th (7:30-9:30PM)**  
**OPEN To:** All CSC-Raleigh Students

**Saturday, May 30th Pretest / Test (11AM-2PM)**  
**Saturday, May 30th (2PM-6PM)**  
**OPEN To:** All CSC students

JUNE

**Brown Belts:** Se Mien Pa Fang Kuen (4 Faces 8 Directions Single Ended Staff)  
**Black Belts:** Yang Chia Chiang (Yang Family Spear)  
**Wednesdays:** **5 Animal Conditioning**

- LIE TIEH KUAI  
*Iron Crutch Li*
- I CHIN CHING  
*Taoist Chi Kung Training*
- WEAPONS DEFENSE  
*Gun/Knife/Stick Defense*

**Begins Saturday, June 6th (10:45– 11:45AM)**  
**OPEN To:** Brown Belts & Above (For 6 Weeks!)

**Begins Saturday, June 6th (1:45-2:30 PM)**  
**OPEN To:** All CSC-Raleigh Students (For 13 Weeks!)

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

JULY

**Brown Belts:** Kwan Kung Tao (General Kwan Kung's Long Knife)  
**Black Belts:** Se Mien Pa Fang Suang Tao (Double Broadswords)  
**Wednesdays:** **Glove Sparring with Staff**

- HSING I WU SHING  
*Hsing I 5 Roads*
- LIE TIEH KUAI  
*Iron Crutch Li*
- I CHIN CHING  
*Muscle Tendon Change Classic*
- HAN YANG CHIE  
*Sword and Flute*
- DENVER SR. ELDERMASTER VISIT  
**Best Seminar Ever!**

**Wednesday, July 1st (7:30 – 9:30PM)**  
**OPEN To:** Brown Belts and Above

**Continues Saturday, July 4th (10:45 – 11:45AM)**  
**OPEN To:** Brown Belts and Above (For 2 More Weeks!)

**Continues Saturday, July 4th (1:45-2:30 PM)**  
**OPEN To:** All CSC-Raleigh Students (For 9 More Weeks!)

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

**Saturday, July 19th Testing 9AM-7PM**  
**Sunday, July 20th 10AM-4PM**  
**OPEN To:** All CSC students

AUGUST

**Brown Belts:** Yeh Ch'an Pa Feng Tao (8 Directional Night Battle Broadsword)  
**Black Belts:** Tien Ta Shuang Hu Tou Gou (Tiger Hook Swords Shake the Heavens)  
**Wednesdays:** **Endurance Punch and Kick**

- SAN LU HUA CHIEN  
*3rd Road of Hua Mountain*
- I CHIN CHING  
*Muscle Tendon Change Classic*
- HSIANG CHIANG LI  
*The Stomping Drunk*
- CO SPRINGS SR. ELDER MASTER VISIT  
**2ND ROAD OF THE TA MO CANE**
- HSING I LIAN HUANG  
*Hsing I Linkage of the 5 Roads*

**Begins Saturday, August 1st (10:45 – 11:45AM)**  
**OPEN To:** Brown Belts and Above (For 5 Weeks!)

**Continues Saturday, August 1st (1:45-2:30 PM)**  
**OPEN To:** All CSC-Raleigh Students (For 5 More Weeks!)

**Tuesday, August 11th (7:15– 9:15 PM)**  
**OPEN To:** All CSC-Raleigh Students

**Saturday, August 22nd Pretest/Test 9AM-12Noon**  
**Saturday, August 22nd 12Noon-5PM**  
**OPEN To:** All CSC students

**Wednesday, August 26th (7:30 – 9:30 PM)**  
**OPEN To:** Brown Belts and Above