

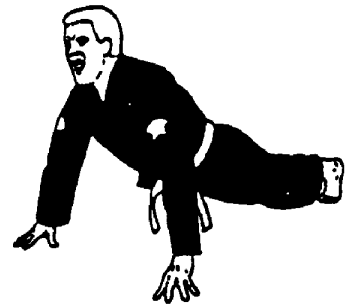
中國少林武藝中心

CHINESE SHAO-LIN CENTER  
FOR: ALL CSC-RALEIGH STUDENTS

# Yin/Yang Stretching and **CONDITIONING**

Positive and Negative (Reverse)  
Training

*A Unique & Advanced Concept / Least Time Invested for Greatest Benefits!*



Tuesday, May 12<sup>th</sup>, 2026  
7:15PM – 9:15PM  
CSC-Raleigh

**1<sup>st</sup> TIME FEE - \$40**

REPEAT ATTENDANCE – Free!

\*Must have active membership to participate.

**A Brown Belt Required Class!**

*This class is required for  
advancement to 1<sup>st</sup>  
Black!*

REQUIRED READING:  
CSC Student Training Manual  
Page 3-10 to 3-12

Attire: Complete Uniform w/all Patches!

功夫



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](http://www.shaolinNC.com)



Master Mo Seyam  
6<sup>th</sup> Degree Black Belt

