

CHINESE SHAO-LIN CENTER TENTATIVE CLASS SCHEDULE

2011

SEPT

OCT

NOV

DEC

2011

Brown Belts: Luo Tien / Chan Ie "Descends from Heaven / Spreading of the Wings"  
Black Belts: Hei Hu Huan Sen "Black Tiger Flips It's Body"



SEPTEMBER

**FESTIVALS & SEMINARS**

**TIEN TA SUANG ER CHIE KUEN**

(Double Nunchaku Raise Havoc in the Heavens!!)

SAT, Sep. 3<sup>rd</sup> (1PM – 2:30PM) @ CSKF Tempe  
Open to All Levels! White Belts & Above

**LOS ANGELES ELDER MASTER VISIT**

(Pa Hsing PaKua Chang – "8 Animal PaKua" internal form)

SAT, Sep. 10<sup>TH</sup> Test/PreTest (8AM – 11AM)  
Form (11AM – 6PM) @ CSC LA

**BROWN BELT PRETEST- Black Belt Panel Required!**

THURS, Sep. 15<sup>th</sup> (7:45PM – 10PM) @ CSKF Tempe

**Hidden Application of Lower Belt Forms**

(gain insight to the intention / purpose behind the moves / postures / techniques)

THURS, Sep. 22<sup>nd</sup> (7:45PM – 9:15PM)  
White Belts & Above @ CSKF Tempe

*Wednesday Practice Hours throughout the month from 5:30pm - 7:30pm*

Brown Belts: Yen He' "Performing Swallow"

Black Belts: 5 Animals Conditioning Class

**FESTIVALS & SEMINARS**

**TUCSON – ELDER MASTER VISIT**

Triple Festival Weekend: Swoop Down Swallow Dagger / Original Monkey Fist / Shao-Lin Double Chisels

SAT, Oct. 1<sup>ST</sup> Test/PreTest (8AM-11AM) @ CSC-TUC  
Form Training (11AM – 5PM)  
OPEN to: All Students

**LI TIEH KUAI – Pa Hsien**

(Iron Crutch Li – the "Crippled Beggar")

Starting Oct. 8<sup>TH</sup>, 9AM – 10AM @ CSKF Tempe  
1<sup>ST</sup> Blacks & Above (for 3 weeks!)

**TECHNICAL PUNCH & KICK / WEAPONS DEFENSE**

(Focus, Snap, Power! & Gun, Knife, Stick Defense!)

SAT, Oct. 15<sup>TH</sup> (9AM – 1PM) @ CSKF Tempe  
White Belts & Above

**ALBUQUERQUE ELDER MASTER VISIT**

(CHING LOONG TAO – the Legendary Green Dragon Broadsword from Wudang mountain)

SAT, Oct. 22<sup>ND</sup> Test/PreTest: 8AM-11AM @ CSC ABQ  
Form: 11AM – 3PM @ CSC ABQ  
OPEN to: All Students

REQUIRED INSTRUCTOR TRAINING SEMINAR @ CSC - ALBUQUERQUE  
(CSC Instructors - Arrive Friday, 10/21, AM & Depart Mon. 10/24, PM)



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

Black Belts: Hei Hu Shou Shang "Black Tiger Wounded"

**FESTIVALS & SEMINARS**

**HE' HSIANG KU– Pa Hsien**

(Female Immortal - "internal training")

Starting Nov. 5<sup>TH</sup>, 8AM – 9AM @ CSKF Tempe  
Brown Belts & Above. (for 3 weeks!)

**HUA 9-RING TAO**

(Heroic Hua Mountain BroadSword form)

SAT, Nov. 5<sup>th</sup>, 9AM – 1PM @ CSKF Tempe  
White Belts & Above

**PAI HOU TOU TAO CHIEN**

(The playful "White Monkey Steals the Peach" classical form)

TUES, Nov. 15<sup>TH</sup> (7:45PM – 9:15PM) @ CSKF Tempe  
White Belts & Above

**CORK, Ireland ELDER MASTER VISIT**

(HEI HU TAO – Shantung Black Tiger Broadsword!)

SAT, Nov. 26<sup>TH</sup> Test/PreTest: 9AM – 11am @ CSC Cork  
Form: 11AM – 3PM (Open to all CSC students)

*No classes Thursday, November 24th! Enjoy your Holidays!*  
*Classes Resume on Saturday 11/26 as usual!*



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

Black Belts: Classical Pa Kua Chang Sections 1-5 "including Weight Vests & Iron Rings" (8 Changes of the PALM)

**FESTIVALS & SEMINARS**

**HSING I – SHUR AR HSING**

(Hsing I 12 Animals Fist)

Starting SAT, Dec. 3<sup>rd</sup>, 9AM – 10AM @ CSKF Tempe  
1<sup>ST</sup> Blacks & Above (for 3 weeks!)

**HOU TIEN CHI / MARROW WASHING**

(Chan(Zen)Breathing / Chi Kung Training)

SAT, Dec. 3<sup>rd</sup> (9AM – 1pm) @ CSKF Tempe  
OPEN to: All Belt Levels.

**TIEN TA SUANG ER CHIE KUEN**

(Exciting Sgl & Dbl Nunchaku Forms/Dbl-End Staff 2-Person Set)

SAT, Dec. 17<sup>th</sup> (9AM – 1pm) @ CSKF Tempe  
OPEN to: All Belt Levels.



*No classes Saturday, December 24<sup>th</sup> - January 2<sup>nd</sup>! Enjoy your Holidays!*

<http://www.phoenixshaolin>

DECEMBER

