

中國少林武藝中心



KUNG FU

TAI CHI ☯ WOODEN MAN

YOUR COMPLETE PROGRAM FOR:

BODY

- Health & Longevity
- Fitness
- Strength
- Flexibility
- Endurance
- Coordination
- Balance
- Bone Strength
- Self-Defense

MIND

- Memory & Retention
- Focus
- Achievement
- Stress Relief

SPIRIT

- Character
- Confidence
- Discipline
- Conflict Resolution
- Inner Peace

MARTIAL ARTS

EXTERNAL	INTERNAL	WEAPONS
<ul style="list-style-type: none"> • Tiger • Crane • Mantis • Hua Fist • Lohan Fist • 8 Drunken Immortals • Chin Na • Shao-Lin 5 Animals • Monkey • More... 	<ul style="list-style-type: none"> • Tai Chi • Pa Kua • Hsing I • Breathing • Meditation • Hua To's 5 Animal Play • Meteor Fist • Buddha Fist • Wooden Man/ Iron Bone • More... 	<ul style="list-style-type: none"> • Staff • Er Chie Kuen (Nunchaku) • Cha (Sai) • Kwan Tao • Broad Sword • Straight Sword • Spear • Chain Whip • Double Tiger Hook Swords • More...

COLORADO SPRINGS CHINESE SHAO-LIN CENTER, INC.

Head Instructor Associate Master Tanisha Martin, 5th Degree Black Belt

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Facebook Facebook.com/ShaoLinCS
Facebook.com/TanishaMartinCoaching



NATIONAL DIRECTORY

Other Chinese Shao-Lin Centers under the guidance of 8th Degree Elder Masters Sharon & David Soard:

CA Los Angeles ShaolinLA.com
 CO Denver Shao-Lin.com
 NM Albuquerque ShaolinNM.com

NC Raleigh ShaolinNC.com
 UT Salt Lake City Shao-LinSLC.com
 SPAIN Barcelona ShaolinBarcelona.com

FEES

Teachers open the door, but you must enter on your own. ~ Chinese Proverb

MEMBERSHIPS	KUNG FU & TAI CHI	TAI CHI ONLY	WOODEN MAN / IRON BONE*
Month-to-Month	\$85/month	\$42/month	\$40/month
3-Month Membership	\$195 (Save: \$60, \$25/mo, \$240/yr)	\$95 (Save \$31)	\$75 (Save \$45)
6-Month Membership	\$360 (Save: \$150, \$30/mo, \$300/yr)	\$180 (Save \$72)	\$125 (Save \$115)
12-Month Membership	\$600 (Save: \$420, \$35/mo)	\$300 (Save \$204)	NA
Registration Fee (Includes Training Manual)	\$30	\$30	\$30
Uniform/Gi (within 30 days)	\$40 (New student price, regular \$50)	\$40	\$40



Memberships are paid in full up-front. All fees are non-refundable. Your membership begins the day you join class. You may freeze a 3-, 6-, or 12-month membership once, and it resumes the day you return to class.

Classes and practice times available to beginners are listed in bold below. Participate in up to 7.5 hours per week, or just once a week—whatever works for your schedule!

Teens and adults, 12 and up. Younger children 7 and up accepted on a case by case basis.

*Wooden Man / Iron Bone rates listed are for students with active memberships. Each training Part is taught over three months.

Kung Fu means "mastery through time and effort."

SCHEDULE

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5 - 5:45 PM Open Practice (All levels)	5 - 5:30 PM Open Practice (All levels)	5 - 5:45 PM Open Practice (All levels)	8 - 9 AM Sr. Black Festival
5:45 - 6:30 PM Tai Chi (All levels)	5:30 - 6:30 PM Lower Belt Class (Beginners)	5:45 - 6:30 PM Tai Chi (All levels)	9 - 10 AM Black Belt Class
6:30 - 7:30 PM Lower Belt Class (Beginners)	6:30 - 7:30 PM Wooden Man / Iron Bone (All levels; see Fees)	6:30 - 7:30 PM Lower Belt Class (Beginners)	10 - 11 AM Wooden Man / Iron Bone (All levels; see Fees)
7:30 - 8:30 PM Brown Belt Class	7:30 - 9 PM Black Belt Class	7:30 - 8:30 PM Brown Belt Class	11 AM - 12 PM Brown Belt Class
	9 - 9:30 PM Sr. Black Festival		11 AM - 12 PM Lower Belt Class (Beginners)
7:30 - 10 PM Periodic Special Classes		7:30 - 10 PM Periodic Special Classes	10 AM - 2 PM Periodic Special Classes