



## 武術基本功

### INTRODUCTION TO KUNG FU - *Kung Fu Conditioning*

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Our Introduction to Kung Fu Program features four group classes per week. These foundation classes include stretching, beginner tumbling, beginner shaolin forms and are taught by Head Coach Wang Jian. They are a great way to introduce new students to Shaolin Martial Arts as well as gaining discipline and self confidence.

## 周末戰士

### WEEKEND WARRIOR

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Our most popular program where students can take advantage of an all day curriculum every weekend. Classes include Traditional Shaolin, Chinese Kickboxing, Modern Wushu, and Competition Training among other classes. This program is for students who want to experience the full time training but are limited to the weekends.

## 全職培訓

### FULL TIME TRAINING

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This program is geared towards the more dedicated students who want to take advantage of the entire curriculum. Students in this program would then advance to competition training and would be eligible in performing with the demo team.

## 散打+傳統少林拳

### SAN DA & SHAOLIN

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This class focuses on applying techniques and conditioning to practical self defense and competition fighting. It also features Traditional Shaolin training that emphasizes speed, strength, flexibility, and agility.



## 武術比賽專業隊

### PROFESSIONAL SHAOLIN / WUSHU COMPETITION

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This program is specifically designed for advanced students that are interested in high level competitive training. The emphasis of this training is on demonstration rather than practical application. Not only will students learn standardized routines which includes bare fist and weapon forms, they will also develop gymnastic abilities.

## 私人課

### ONE ON ONE TRAINING - *Private Lessons*

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Students will receive private training led personally by Coach Wang Jian. Lessons are tailored specifically to each student depending on his / her needs and abilities.

## 精英武術訓練

### DEMO TEAM

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Our Demo Team consists of the top students hand picked by our coaching staff to demonstrate a wide variety of Shaolin and Wushu artforms. Students must show mastery over numerous techniques and forms before applying to be a part of the team.

## 童子功

### TONG ZI GONG

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This traditional training for youth develops extraordinary flexibility, physical control, and resistance to injury. This program also lays the foundation for any potential athletic pursuits.