

QIGONG BENEFITS

- Relief from Pain and Injuries
- Loss of Flexibility
- Respiratory, Immune System and Circulation
- Help with Anxiety
- Addictions and Mental Health
- Faster Recovery and Increased Vitality
- Alleviate Stress, Grief and Depression
- Help for Cancer Patients



TheWord QiGong

is an English Romanization of 2 Chinese characters. Qi relates to air, vapor, or breathing and also refers to the relationship between matter, energy and spirit. Gong relates to achievement or practice. Qi or “Chi” is, essentially, the energy in all things. QiGong is the cultivation of that energy for health, strength, and enlightenment. The practice involves connecting to the universal Qi, increasing the amount of Qi in the body, and bringing that Qi into balance.

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HOUSTON
SHAOLIN TEMPLE
GRANDMASTER SHI DE SHAN



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www.HoustonShaolinTemple.com
www.HoustonQigong.com

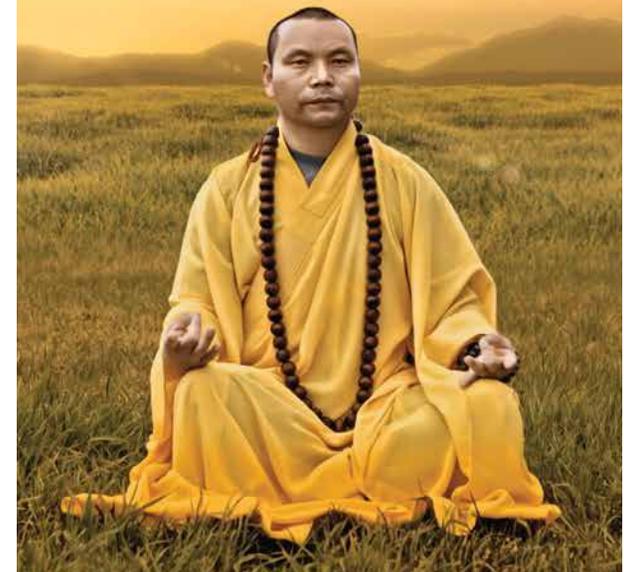
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HOUSTON SHAOLIN TEMPLE

DASIFU SHI DE SHAN

31ST GENERATION SHAOLIN MONK
11th GENERATION CHEN TAIJI





DASHIFU SHI DE SHAN

A 31st generation Shaolin Warrior Monk and an 11th Generation Chen Jun Ling Chen Village Taichi. He has been dedicated to the practice of traditional Shaolin Kung Fu, Qigong, and Iron body for over 30 years. Disciplines he has mastered also include Yi Quan, Chen Tai chi, traditional weapons, and San Da. He has served as an instructor to several law enforcement agencies in both the U.S. and China. Shi De Shan's martial abilities are complemented by his proficiency in the healing arts. His deep understanding of Traditional Chinese Medicine allows him to use the incredible power of his "Qi" for therapeutic purposes.



Shi De Shan spent many years promoting Shaolin Kung Fu, around the world, as a member of the Shaolin Temple Performance team. He has been featured in countless articles and several documentaries, including "Shaolin Ulysses" on PBS. In 1998, he established The Houston Shaolin Temple. Since its creation, the Houston Shaolin Temple has introduced more than 5,000 students to the practice of Traditional Chinese Martial Arts. Mayor Bill White acknowledged the Temple's cultural significance to Houston by designating October 23rd as "Master Shi De Shan Day". Today, The Houston Shaolin Temple provides Houstonians with uncommon access to a very powerful tradition of training and self-mastery.

TRADITIONAL SHAOLIN KUNG FU

少林功夫

Students learn Shaolin movements and forms that help to develop speed, strength, flexibility and agility. Shaolin forms contain techniques applicable to self-defense. However, the emphasis of this class is on personal conditioning rather than dealing with an opponent. Students learn traditional bare fist forms and eventually move on to staff and broadsword forms.

CHEN STYLE TAIJI QUAN

太極拳

Chen Style was the first system of Tai Chi. The Chen village is located near the original Shaolin Temple in China. The Tai Chi system is heavily influenced by Shaolin Kung Fu. The practice develops fluid movement, internal strength and the ability to express and redirect force. Tai Chi and Qigong is suitable for students of any age.

QIGONG

氣功

There are many different traditions of QiGong practice. Here at the Houston Shaolin Temple we practice traditional Shaolin QiGong techniques including Xing Ye Ba and Iron body. Grand Master Shi De Shan is also skilled in a form of medical QiGong which he uses to improve the health and energy level of students. This method allows students to "borrow" chi from the master in order to progress much faster than practice alone would allow.

XING YI QUAN

心意拳

Dasifu teaches Song Style Xing Yi Quan and traditional Xingyi Sword. studying under Song Guang Gua. Xing Yi Quan is one of the 3 most famous styles of internal wushu. It is believed to have been developed by Song Dynasty General, Yue Fei and gained wide spread popularity during the Qing Dynasty.