Shaolin Kung Fu Chan Academy 少林功夫禅学院

Spring Schedule Effective from 29/02/2024 www.shaolinkungfuchanusa.com

Monday	Tuesday	Wednesday	Thursday	Friday (Sparring)	Saturday	Sunday
	Private Class by Appointment				9:00-10:00am Tai Chi / Qi Gong	9:00-10:00am Booked Private Class
					10:00 - 10:50am KFK(3-6) Up White	10:00-10:50am KFK (3-6) Up White
					11:00-11:50pm KFK(3-6) Freshments	11:00-11:50pm KFK(3-6) Freshments
				12:00 - 1:00pm Kick boxing & Self-defense	12:00-1:00pm Booked Private Class	12:00-1:00pm Booked Private Class
4:10-5:00 pm KFK(3-6) All levels	4:10-5:00 pm KFK(3-6) BEG	4:10-5:00 pm KFK(7-12) BEG	4:10-5:00 pm KFK(3-6) BEG	4:10-5:00 pm KFK(7-12) BEG Kickboxing 散打**实战课**	1:30-2:30pm KFK (7-12) All Levels 散打搏**击**	1:30-2:30pm KFK (7-12) All levels S+Z
5:00 - 5:50 pm KFK(7-12) All levels	5:00 - 5:50 pm KFK(7-12) BEG	5:00-5:50PM KFK(3-6) Up white	5:00 - 5:50 pm KFK(7-12) BEG	5:00-5:50pm KFK(3-6) 散打搏击课	2:30-3:30pm Teens' & Adults 散打搏**击** All Levels	2:30-3:30pm Teens' & Adults 散打搏击 All Levels
	5:50-6:40pm KFK(7-12) INT	5:50-6:40pm KFK(7-12) INT	5:50-6:40pm KFK(7-12) INT	5:50-6:40pm KFK(7-12) INT Kickboxing 散打实战课	4:00-5:00pm Demo Team A	3:30-4:30pm Demo Team B
	6:40-7:40pm Teens' & Adults' BEG	6:50-7:40pm Teens' & Adults' INT & ADV	6:40-7:40pm Teens' & Adults' BEG	6:40-7:40PM Demo Team C	5:00-7:00pm Birthday Party	
	7:40-8:40pm Booked Private Class	7:40-8:40pm Booked Private Class	7:40-8:40pm Tai Chi / Qi Gong	7:40-8:40pm Booked Private Class	5:00-6:30pm Belt Test **少林武士考试**	

Address：2222 152nd Ave NE Redmond WA 98052 Contact 425-615-1078 Email: shaolinkungfuchanus@gmail.com

BEG = No belt to Yellow Black INT = Green to Blue Black ADV = Red Belt and Up

Curriculum Summary 课程纲要

Kung Fu ：Traditional Shaolin Hand Forms, 18 Weapons, 传统少林拳法，象形拳（龙，蛇，虎，鹤，豹），少林十八兵器 Combative ：Grapping, Self-defense, Sparring, Kick Boxing Techniques 实战课：擒拿格斗，防身术，散打，搏击 Wellness ：Ba Duan Jin, Yi Jin Jing, Tai Chi, Qi Gong, Meridian Exercises

养身功：八段锦，易筋经，太极拳，太极扇子