



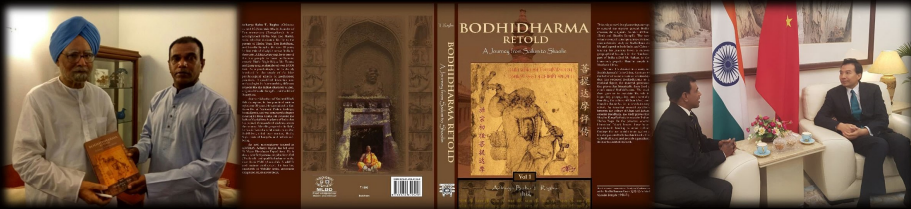
# MARTIAL ARTS WORKSHOP

CONDUCTED BY

SAILUM MARTIAL ARTS ACADEMY AND SHAOLIN HERMITAGE, INDIA



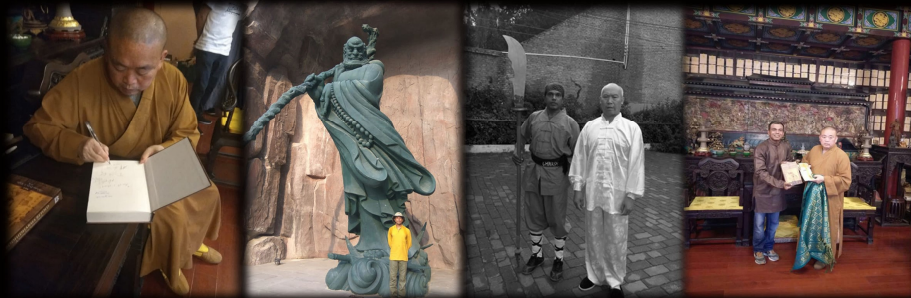
The seminar will be conducted by Grand Master Acharya Raghu, Research scholar and author of the comprehensive Martial Arts history work, 'BODHIDHARMA RETOLD' VOL - I, (Research on Bodhidharma and Shaolin Kung-Fu). He has graduated twice in Shaolin Kung-Fu and was trained under the family of Cui-Xi, one of the most celebrated Shaolin Kung-Fu exponents of china. He was also trained at National Police College, South Korea in Tae-Kwon-Do.



Acharya Raghu received direct blessings from the 31st Abbott (chief) of Shaolin Shi Yong Xin at shaolin temple and received appreciation for his research. Currently, he is working on researching the secret shaolin manual of Yi-Jin Jing (Tendon-Muscle, strengthening classic), set to be released in 2019.



Having more than three and a half decades of experience in teaching various forms of martial arts, including Shaolin Kung-Fu and Tae-Kwon-Do, Acharya Raghu addressed various Chinese Universities and conducted seminars in China on the above subjects.



Participants can expect theory and practical lessons on the following topics:

1. Various forms of traditional martial arts and their history and philosophy.
2. Traditional stances and forms.
3. Workshop on Kicks and their applications.
4. Lectures on various animal forms and science involved behind them.
5. Exposure to Shaolin Kung-Fu weapons.
6. Kinesiology of Martial arts.
7. Workshop on forgotten, traditional Shaolin Kung-Fu work-outs.
8. Theory and demonstration on animal shouts.
9. Lessons on Shaolin Yi- Jin Jing and Qigong, San-chin.
10. Lessons on Chinese traditional locks and throws.



The participants shall be awarded with a certificate by the Sailum Martial Arts Academy upon successful completion of the workshop / seminar.

Duration: 12 Jan to 21 Jan, 2019

Venue: Shaolin Hermitage, near Denkinikotai, Tamilnadu.

Eligibility:

Any Martial Artist above 14 years of age and below 40 years. (The academy is flexible in the matter of age, depending on the individual)

Note:

1. For different Martial artists different levels of lessons and practical are available / applicable.
2. Rights of entry are reserved. Entry for limited members only.

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visit us at [www.sailum.in](http://www.sailum.in)