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## March 2 - 6, 2010 - Intensive Traditional Shaolin Kung Fu Training in Cambridge, MA

### WU DAO PRESENTS: SHIFU SHI DE CHENG

The Shaolin Temple is the home to 1500 years of Chinese martial arts history and heritage. Wu Dao is pleased to present Shifu Shi De Cheng, 31st Generation Shaolin Warrior Monk.

In these workshops, students will spend considerable time focusing on the basic principles and techniques taught in Shaolin Kung Fu.

#### ADULT SHAOLIN KUNG FU WORKSHOPS

- Shaolin Core Techniques and Ji Ben Gong - Participating students will work with Shifu Shi De Cheng on the core strikes in Shaolin Kung Fu. Students will learn the Fist Methods, Palm Methods and Elbow Methods. In addition to detailed instruction in the core techniques Shifu, will work with students on applications of the techniques and the Chinese terminology.
- Shaolin Ji Ben Gong - Shaolin Kung Fu training begins with gaining proficiency in the Eighteen Basic Skills. Each of the skills is designed to teach students the fundamental movements of Shaolin Kung Fu. Through learning these movements, students improve physical ability and gain an understanding of timing, coordination and expression of power. The skills combine stance work and a variety of techniques.

- Shaolin Chin Na (Joint Locking) - Chin Na, Joint Locking, is an essential part of almost all martial arts. Shaolin Kung Fu has as many joint locking techniques as there are days in a year. During this session, Shifu Shi De Cheng will work with students on several joint locking techniques that are taught at the Shaolin Temple.
- Shaolin Xiao Hong Quan - During this session, depending on the level of experience, students will be broken up into two groups: one to continue learning and reviewing the simplified version of Xiao Hong Quan while the other to study the full version of Shaolin Xiao Hong Quan.

#### Workshop Time:

- Core Techniques: Tue, March 2, 6-7:30pm
- Ji Ben Gong: Tue, March 2 and Thu, March 4, 7:30-9:00pm
- Chin Na: Thu, March 4, 6:00-7:30pm
- Xiao Hong Quan: Fri, March 5, 6:00-7:30pm and 7:30-9:00pm

#### YOUTH SHAOLIN KUNG FU WORKSHOPS

- Children's Kung Fu - During this session, students in the Children's program will have the opportunity to work with Shifu Shi De Cheng on basic Shaolin techniques, coordination drills and several of the core Shaolin Ji Ben Gong.

- Juniors' Kung Fu - Shifu Shi De Cheng will work with students in the Juniors' Kung Fu program on core techniques in the Shaolin System and refinement of Shaolin Ji Ben Gong.
- Teens' Kung Fu - Shifu will work with Teen students on gaining a deeper understanding of the Shaolin Ji Ben Gong.

Workshops will take place on Saturday, March 6:

- Children's Kung Fu: 12:00-1:00pm
- Juniors' Kung Fu: 1:30-3:00pm
- Teens' Kung Fu: 3:30-5:00pm

#### WORKSHOP PRICE

	Wu Dao Students	Non-Wu Dao Students
Adult Kung Fu		
• Single Session (1.5 hours)	\$45	\$60
• All Sessions (9 hours)	\$250	\$330
Youth Kung Fu		
• Children (1 hour)	\$30	\$40
• Juniors (1.5 hours)	\$45	\$60
• Teens (1.5 hours)	\$45	\$60

\* Receive a 10% discount if full payment is made by February 20, 2010.

**Please Contact Wu Dao to Register**



**Wu Dao**  
Kung Fu and Tai Chi

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About Shifu Shi De Cheng: Shifu Shi De Cheng began martial arts training at the age of 6. He was admitted to the Shaolin Temple as a 31st generation Shaolin Warrior Monk under Shifu Shi Su Yuan. Shifu Shi De Cheng teaches at his Kung Fu school in Deng Feng, China, and travels around the world to inspire the practice of Shaolin Kung Fu. Shifu Shi De Cheng has been featured in numerous television shows, including Discovery Channel's Fight Quest.

About Wu Dao: Wu Dao Kung Fu and Tai Chi is the premier Cambridge, MA martial arts school, specializing in training adults, teens, and children in Chinese martial arts. Wu Dao programs help students improve overall health and internalize the art of self-defense.

www.wudaokungfu.com