

Shaolin Kung Fu Workshops

Founded as a temple for Buddhism, the Shaolin Temple in Henan Province, China, evolved into a center for Martial Arts training and a library of Kung Fu styles and techniques. During its 1500-year history, Shaolin survived many wars and rebellions to become one of the oldest systems of Kung Fu.

Wu Dao Presents: Shifu Shi De Cheng
Saturday, October 8 and Sunday, October 9

Workshops

Saturday

The Tour: An Overview of the 18 Ji Ben Gong

Time: Saturday 9:00-12:00PM

Take a tour of the Shaolin Ji Ben Gong! Get an introduction or review of the 18 Ji Ben Gong from beginning to end. This session promises to be fast paced, challenging, but fun. Open to Non-Wu Dao students.

Through the Magnifying Glass: Ji Ben Gong In Depth

Time: Saturday - 1:00PM - 4:00PM

An in-depth examination of selected Shaolin Ji Ben Gong with a breakdown of the correct movements, techniques, execution, and applications.

Sunday

Explode! Power in Kung Fu

Time: Sunday 9:00AM-12:00PM

To properly nurture and demonstrate your Kung Fu skills, you must find your root and center, and build and channel power so that it ripples through the body in the direction and with the force intended. Easier said than done! Few in the world today understand and are able to demonstrate the generation and conveyance of power and chi in Kung Fu. Come to this workshop with an open mind and plant a seed for the cultivation of power in your body and practice.

Taking Flight: Jumping and Aerial Kicks in Kung Fu

Time: Sunday 1:00PM-4:00PM

Ever wonder why you can't seem to jump high or if you could ever perform the amazing aerial kicks in Kung Fu? This workshop will explore the fundamental concepts of the jumping techniques and flying kicks of Shaolin Kung Fu.

Cost: \$90 per workshop. - Sign up for all four for \$300 (12 hours of training - Register by 9/15 and receive a 10% early registration discount.

Non-Wu Dao Student: \$150 for just the first workshop.



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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 selfdefense.

www.wudaokungfu.com

Please Contact Wu Dao to Register