

Northern Shaolin Kung Fu - Level Up to Pure Awesomeness!

Friday	Saturday	Sunday	Monday	Tuesday
Arrival and Check in	9:00 - 9:45 Northern Shaolin	9:00 - 9:45 Northern Shaolin	9:00 - 9:45 Northern Shaolin	
	9:45 - 10:30 Northern Shaolin	9:45 - 10:30 Northern Shaolin	9:45 - 10:30 Northern Shaolin	9 - 12 review and practice, prepare for departure.
	10:30 - 11:15 Dragon Phoenix Sword	10:30 - 11:15 Dragon Phoenix Sword	10:30 - 11:15 Dragon Phoenix Sword	
	11:15 - 12:00 Chin Na Sparring Form	11:15 - 12:00 Chin Na Sparring Form	11:15 - 12:00 Chin Na Sparring Form	
	2:00 - 2:45 Northern Shaolin	2:00 - 2:45 Northern Shaolin	2:00 - 2:45 Northern Shaolin	Check Out
	2:45 - 3:30 Northern Shaolin	2:45 - 3:30 Northern Shaolin	2:45 - 3:30 Northern Shaolin	
Orientation to Shaolin and Xing Yi Programs	3:30 - 4:15 Dragon Phoenix Sword	3:30 - 4:15 Dragon Phoenix Sword	3:30 - 4:15 Dragon Phoenix Sword	
Evening Kung Fu and Tai Chi Show	4:15 - 5:00 Chin Na Sparring Form	4:15 - 5:00 Chin Na Sparring Form	4:15 - 5:00 Chin Na Sparring Form	

Students with previous martial arts experience will learn Northern Shaolin #6, "Short Striking", if new to Northern Shaolin, and other Northern Shaolin forms if they are more advanced. Everyone will also learn Dragon Phoenix Sword and the Chin Na Sparring Form. Taught by Sifu Jensen.

Leap into Kung Fu - Unleash Your Animal Power!

Friday	Saturday	Sunday	Monday	Tuesday
Arrival and Check in	9:00 - 9:45 Kung Fu Animal Power - Dog	9:00 - 9:45 Kung Fu Animal Power -	9:00 - 9:45 Kung Fu Animal Power -	
	9:45 - 10:30 Classical Kung Fu Tan Tui	9:45 - 10:30 Classical Kung Fu Tan Tui	9:45 - 10:30 Classical Kung Fu Tan Tui	9:00 - 10:00 Earth Dragon Staff
	10:30 - 11:15 Earth Dragon Staff	10:30 - 11:15 Earth Dragon Staff	10:30 - 11:15 Earth Dragon Staff	10:00 - 11:00 Obstacle Course
	11:15 - 12:00 Obstacle Course	11:15 - 12:00 Obstacle Course	11:15 - 12:00 Obstacle Course	
	2:00 - 2:45 Kung Fu Animal Power -	2:00 - 2:45 Kung Fu Animal Power -	2:00 - 2:45 Kung Fu Animal Power -	Check Out and Departure
	2:45 - 3:30 Classical Kung Fu Tan Tui	2:45 - 3:30 Classical Kung Fu Tan Tui	2:45 - 3:30 Classical Kung Fu Tan Tui	
	3:30 - 4:15 Earth Dragon Staff	3:30 - 4:15 Earth Dragon Staff	3:30 - 4:15 Earth Dragon Staff	
Evening Kung Fu and Tai Chi Show	4:15 - 5:00 Obstacle Course	4:15 - 5:00 Obstacle Course	4:15 - 5:00 Obstacle Course	

Children Ages 5 + (including Parents and Beginning Adults) will study Kung Fu Animal Power with six different lessons teaching six different animals. In addition, they will also learn Tan Tui and Earth Dragon Staff. Finally, kids will challenge themselves with exciting Kung Fu obstacle courses! Taught by instructor Joseph Vigneri.

Xing Yi Quan - Form and Will Boxing

Cultivate your inner strength, build the Qi of your internal organs and learn practical self defense with powerful punching skills but without requiring the high kicking, leaping, and flexibility of Shaolin. Students will learn the Five Elements, Create Destroy Sparring Form and the Connecting Links Form. In addition, Xing Yi Students will also be able to choose either Earth Dragon Staff, or Dragon Phoenix Sword, and learn the Chin Na Sparring Form. Taught by Sifu Jensen.