

Jade Forest Kung Fu of Rockland presents

Shaolin Training Seminars

with world famous Shaolin Monk

Shi De Cheng



Sunday, August 17

9:00 am – 12:00 pm

Dong Pai Dao

Traditional broadsword and tiger faced shield form.

Price: \$120 + cost of sword and shield.

Sword: \$95 / Shield: \$45

Students who already have a sword only need to buy the shield.

2:00 – 6:00 pm

Tong Bei Chuan

“Through the back boxing” - A very old and dynamic Shaolin form.

Price: \$120

Monday, August 18

6:00 – 8:30 pm

Tai Chi Buddhist Qi-gong

Price: \$70

Wednesday, August 20

6:00 – 8:30 pm

Shaolin Chin Na

Traditional Shaolin joint locking and control techniques.

Price: \$70

Thursday, August 21

6:00 – 8:30 pm

Shaolin Sanda

Throws and take down techniques.

Price: \$70

SPACE IS LIMITED, ENROLL TODAY!

Save 10% when you enroll for 2 or more seminars.

Contact Sifu Scott Jeffery at

781-871-9062, sifu@jadeforestrookland.com

Jade Forest
KUNG FU & TAI CHI

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