



SHAOLIN  
*Wushu*  
CENTER

1647 S. La Cienega Blvd  
Los Angeles, CA 90035  
310-278-1688  
www.wushucenter.com



**Summer 2010 Schedule for  
Wushu and Taiji Classes**

Wushu (Chinese martial arts) lessons will be taught by Grand Master Hu Jianqiang (JQ Hu)

- Twice all-around martial arts champion of China
- Fight scene choreographer and famous kungfu movie actor
- Over 30 years of wushu experience

Taiji lessons will be taught by Master Zong Jianmei

- Former coach of Zhejiang Youth Team
- First Degree National Wushu Judge
- Over 30 years of coaching experience

☯ **Wushu Classes will focus on**

- Increasing flexibility, mental awareness, body strength, discipline, and respect

☯ **Taiji Classes will be focus on**

- Physical conditioning, rehabilitation, stress reduction, and healing of chronic conditions

<b>Monday</b>	10:00 - 11:00 AM	Taiji / Qigong
<b>Tuesday</b>	7:00-8:30 PM	Adult Wushu (Whip Chain & Staff)
<b>Wednesday</b>	10:00-11:00 AM	Taiji / Qigong
	5:30-6:30 PM	Children Wushu ( Weapon)
	7:00-8:30 PM	Adult Wushu (Foundation)
<b>Thursday</b>	5:30-6:30 PM	Children Wushu ( Hand)
	7:00-8:30 PM	Adult Wushu ( Changquan & Straight Sword)
<b>Friday</b>	6:30-8:00 PM	Adult Wushu (Self Defense & Choreography)
<b>Saturday</b>	10:00-11:00 AM	Taiji / Qigong
	2:30-4:00 PM	Adult Wushu (Fan & Group Forms)
<b>Sunday</b>	10:00-11:00 AM	Children Wushu ( Hand)
	11:00-12:00 NOON	Children Wushu ( Weapon)

**Private classes** are available by arrangement. Please contact the Center for more information.

Tuition can be paid by check, cash.  
Group and Family Discounts available!