



SHAOLIN
Wushu
 CENTER

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

Summer 2009 Schedule for Wushu and Taiji Classes

Wushu (Chinese martial arts) lessons will be taught by Grand Master Hu Jianqiang (.1Q 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

Monday	10:00 - 11:00 AM	Taiji / Qigong
	6:30-7:30 PM	Taiji / Qigong
Tuesday	7:00-8:30 PM	Adult Wushu (Changquan & Whip Chain)
Wednesday	10:00-11:00 AM	Taiji / Qigong
	5:30-6:30 PM	Children Wushu (Weapon)
	6:30-7:30 PM	Taiji / Qigong
	7:30-8:30 PM	Adult Wushu (Staff)
Thursday	5:30-6:30 PM	Children Wushu (Hand)
	7:00-8:30 PM	Adult Wushu (Changquan & Straight Sword)
Friday	6:00-7:30 PM	Adult Wushu (Jibengong & Jumping)
Saturday	10:00-11:00 AM	Taiji / Qigong
	2:30-4:00	Adult Wushu (Forms - Intermediate)
Sunday	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!