



● Traditional Kung Fu

● EMPTY HAND (GROUP CLASS)

Basic

- 1 KUNG FU BASICS (4 MONTHS)
- 2 TAN TUI (5 MONTHS)

Intermediate

- 3 MAN TAO PI GUA QUAN (5 MONTHS)
- 4 CHUO JIAO QUAN (5 MONTHS)
- 5 BIG FRAME BA JI QUAN (5 MONTHS)

Advanced

- 6 EAGLE CLAW TRAVELING FIST (5 MONTHS)
- 7 PRAYING MANTIS ELBOW (5 MONTHS)

● WEAPONS (GROUP CLASS)

- 1 PRAYING MANTIS SABRE (4 MONTHS)
- 2 PRAYING MANTIS STAFF (4 MONTHS)
- 3 XING YI SWORD (5 MONTHS)
- 4 XING YI SWORD FIGHT SET (4 MONTHS)
- 5 TAI-CHI STICKY STAFF FIGHTING SET (5 MONTHS)
- 6 SHAOLIN BROKEN GATE SPEAR (6 MONTHS)

● 6 PLUM FLOWER MANTIS (SPECIAL INTEREST CLASS)

- 1 WHITE MONKEY STEALING PEACH (4 MONTHS)
- 2 1ST ZHAI YAO (4 MONTHS)
- 3 3RD ELBOW (4 MONTHS)
- 4 MANTIS HOOK (4 MONTHS)
- 5 MANTIS SANSHOU (4 MONTHS)
- 6 MANTIS 2-HAND LONG SWORD (4 MONTHS)

● Internal Kung Fu

● YANG STYLE TAI-CHI (GROUP CLASS)

- 1 YANG 8 MOVEMENTS (3 MONTHS)
- 2 YANG 24 MOVEMENTS (4 MONTHS)
- 3 YANG 40 MOVEMENTS (5 MONTHS)
- 4 YANG FIGHTING SET (4 MONTHS)
- 5 TAI-CHI 32 SWORD (4 MONTHS)
- 6 TAI-CHI 13 SABER (4 MONTHS)

● XING YI QUAN (SPECIAL INTEREST CLASS)

- 1 FIVE ELEMENTS (3 MONTHS)
- 2 8 MOVEMENTS (3 MONTHS)
- 3 12 ANIMALS, SECTIONS 1-6 (3 MONTHS)
- 4 12 ANIMALS, SECTIONS 7-12 (3 MONTHS)
- 5 AN SHEN PAO FIGHT SET (3 MONTHS)
- 6 XING YI APPLICATIONS (3 MONTHS)

● BA GUA ZHANG (SPECIAL INTEREST CLASS)

- 1 NEW 8 PALM, SECTIONS 1-4 (3 MONTHS)
- 2 NEW 8 PALM, SECTIONS 5-8 (3 MONTHS)
- 3 BA GUA FIGHTING SET (3 MONTHS)
- 4 BA GUA APPLICATIONS (3 MONTHS)
- 5 BA GUA SWORD, SECTIONS 1-4 (3 MONTHS)
- 6 BA GUA SWORD, SECTIONS 5-8 (3 MONTHS)

● CHEN STYLE TAI-CHI (SPECIAL INTEREST CLASS)

- 1 ROUTINE 1, MOVEMENTS 1-30 (4 MONTHS)
- 2 ROUTINE 1, MOVEMENTS 31-57 (4 MONTHS)
- 3 ROUTINE 1, MOVEMENTS 58-83 (4 MONTHS)
- 4 SWORD, MOVEMENTS 1-28 (4 MONTHS)
- 5 SWORD, MOVEMENTS 29-58 (4 MONTHS)

● Performance Kung Fu

● ENTRY LEVEL MODERN WUSHU (GROUP CLASS)

- 1 BEGINNING LEVEL WUSHU LONG FIST (5 MONTHS)
- 2 BEGINNING LEVEL WUSHU SABRE (5 MONTHS)
- 3 BEGINNING LEVEL WUSHU SWORD (5 MONTHS)
- 4 BEGINNING LEVEL WUSHU SPEAR (5 MONTHS)
- 5 BEGINNING LEVEL WUSHU STAFF (5 MONTHS)

● MODERN WUSHU (GROUP CLASS)

- 1 COMPULSORY WUSHU LONG FIST (6 MONTHS)
- 2 COMPULSORY WUSHU SABRE (6 MONTHS)
- 3 COMPULSORY WUSHU SWORD (6 MONTHS)
- 4 COMPULSORY WUSHU SPEAR (8 MONTHS)
- 5 COMPULSORY WUSHU STAFF (8 MONTHS)

● Combative Empty Hand Kung Fu

● QIN NA (SPECIAL INTEREST CLASS)

- 1 QIN NA VERSUS GRABBING (4 MONTHS)
- 2 QIN NA VERSUS STRIKING (5 MONTHS)
- 3 GROUND QIN NA (6 MONTHS)
- 4 QIN NA VERSUS WEAPONS (5 MONTHS)

● SHUAI JIAO (SPECIAL INTEREST CLASS)

- 1 SHUAI JIAO BASICS (5 MONTHS)
- 2 KICK THROWS (5 MONTHS)
- 3 ARM THROWS (5 MONTHS)
- 4 HIP, SHOULDER & SACRIFICE THROWS (5 MONTHS)

● SANDA CHINESE KICK BOXING (GROUP CLASS)

- 1 SANDA BASICS (5 MONTHS)
- 2 SANDA KICKING & PUNCHING (5 MONTHS)
- 3 SANDA ELBOW & KNEE (5 MONTHS)
- 4 SANDA FAST THROWS (5 MONTHS)

● Combative Weapons Kung Fu

● DUAN BING – SWORD & SABRE (SPECIAL INTEREST)

- 1 DUAN BING BASICS (4 MONTHS)
- 2 DUAN BING OFFENSE & DEFENSE (4 MONTHS)
- 3 DUAN BING SPECIALTY TECHNIQUES (4 MONTHS)
- 4 DUAN BING WITH SANSHOU (3 MONTHS)

● CHANG BING – SPEAR (SPECIAL INTEREST CLASS)

- 1 CHANG BING BASICS (4 MONTHS)
- 2 CHANG BING OFFENSE & DEFENSE (4 MONTHS)
- 3 CHANG BING SPECIALTY TECHNIQUES (4 MONTHS)
- 4 CHANG BING WITH SANSHOU (3 MONTHS)