



















# Ching Wu Athletic Association

## 8-Week Summer Program for 2011

Monday, July 4 to Saturday, August 27

Adult program \$100 includes all classes listed below

- Shaolin, Eagle Claw, and Praying Mantis Kung-Fu
- Wushu
- Shuai Jiao (Chinese wrestling)
- San Da (sparring)
- Chen Tai Chi
- Lion Dance

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30-12:00 noon							 Shuai Jiao - Sigung
12:00-1:00	 Wushu - Sifu Sonny		 Shaolin Kung Fu - Sigung		 Shaolin Kung Fu - Sigung		 Shaolin Kung Fu - Sigung 12:00-1:30
3:00-5:00	12:00-2:00						
6:00-7:30 pm		 Shaolin Kung Fu - Sifu Randall	 Chen T'ai Chi - Sigung	 Shaolin Kung Fu - Sigung	 Chen T'ai Chi - Sigung	 Shaolin Kung Fu - Sigung	
7:30-9:00 pm	 Lion Dance	 Praying Mantis - Master Huang	 San Da - Master Huang	 Eagle Claw Kung Fu - Sigung	 San Da - Master Huang		 Praying Mantis - Master Huang