

Grandmaster Sin Thé and the Shaolin-Do Association proudly present

White Crane and Tiger Seminar

Open to all Shaolin-Do Black Belts and SDA Members of any rank!

Saturday, March 19th, 2011 from 9:00 AM – 4:00 PM (lunch break from 12:00 PM – 1:00 PM)

Lexington Catholic High School
2250 Clays Mills Road
Lexington, KY 40503

Grandmaster Sin Kwang Thé will be teaching another white crane form and two more tiger forms at his spring seminar! In the morning session, he will cover, *Ming Hé Chien, The Whooping Crane* (104 postures). Then in the afternoon session, he will cover two tiger forms – *Hu Sing Se Men Chien, The Tiger Hits 4 Doors* (35 postures), and *Hu Sing San Se Liu Sou, 36 Hands of the Tiger* (36 postures). Similar to the forms taught in September 2010, these forms are designed to increase your striking power. Below is an excerpt from Grandmaster Sin Thé about this series of forms:

Every move of these forms is combined with Chi and Will. They are designed solely to increase your *Hua Ching* power. They were created 300 years ago by the grandmasters of the white crane and tiger systems and they are the starting points of both of those systems.

There are no prerequisites for learning this material so everyone should be there. Show your support and thanks to Grandmaster Sin Thé for agreeing to teach three katas in one seminar! **DVD's must be preordered and will be handed out at the seminar** – no exceptions! The SDA reserves the right to refuse admittance to anyone for any reason.

Please fill out the registration form below and mail it to:

Shaolin-Do Association
282 Gold Rush Road
Lexington, KY 40503

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Registration form for the White Crane and Tiger Seminar

**** For preregistration, we must receive this form on or before March 12th ****

Name: _____ Email: _____
Address: _____ Phone #: _____
City: _____ State: _____ Zip: _____ Rank: _____
Instructor: _____ Instructor Phone #: _____

Circle price and enter at right	Preregistration	At the Door	Total
SDA Members – Any Rank	\$125.00	\$150.00	\$
SDA Members – Lifetime* & Black Belt	FREE!		\$
Non-SDA – Lifetime* & Black Belt	\$50.00	\$50.00	\$
Non-SDA Shaolin-Do Black Belt	\$150.00	\$175.00	\$
DVD	\$39.95	n/a	\$
Not an SDA Member? Join now (\$50) and get the SDA rates!			\$
TOTAL			\$
Circle: Visa MasterCard Amex	Name on Card:		
Credit Card #:	Signature:		
Exp Date:			

*Lifetime memberships must have been purchased directly from Grandmaster Sin Thé, not via your instructor in order to count for free or reduced admission prices. Please make checks payable to the Shaolin-Do Association. Sorry, no refunds! For the latest news and updates, visit www.shaolin-do.com!