

Grandmaster Sin Thé and the Shaolin-Do Association proudly present

# Phequefo Tai Chi & White Crane Chi Kung Seminars

Open to all Shaolin-Do students (in good standing with Grandmaster Sin Thé) of any rank!

Saturday, June 11th at the Sin Thé Karate School in Lexington, KY

9:00 AM - 12:00 PM — Phequefo Tai Chi

2:00 PM - 4:00 PM — White Crane Chi Kung, Part 5

Grandmaster Sin Thé will teach two seminars on Saturday, June 11th! From 9:00 AM - 12:00 PM, he will teach *Phequefo Tai Chi* form! It is four sections and contains thirty-nine postures. Unlike Yang style Tai Chi, which is slow, and Chen style Tai Chi, which is both slow and explosive, this animal style Tai Chi form is very smooth, yet fast. For those who do not know, the 'mythical' phequefo is an indigenous bird in China that is similar to a grouse. Then, from 2:00 PM - 4:00 PM, Grandmaster Sin Thé will finish teaching the White Crane Chi Kung training.

It is important to know that you do NOT need to have attended the previous White Crane Chi Kung exercises in order to attend one or both of these seminars. If you attend both of these seminars, you'll receive a \$20 discount! Prices at the door will be \$10 more per seminar. **DVDs must be preordered and will be handed out at the seminar** – no exceptions!

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 for the Phequefo Tai Chi and White Crane Chi Kung (Part 5) Seminars

**\*\* For preregistration, we must receive this form on or before June 4th \*\***

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone #: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Rank: \_\_\_\_\_  
Instructor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Circle price and enter at right	Preregistration (Door Prices will be \$10 more per seminar)			Total
	Phequefo	White Crane	BOTH	
All Shaolin-Do Students of Any Rank	\$85	\$70	\$135	\$
Lifetime Members	FREE!			\$
DVD	\$39.95	n/a	n/a	\$
<b>TOTAL</b>				\$
Circle: Visa    MasterCard    Amex	Name on Card:			
Credit Card #:	Signature:			
Exp Date:				

\*Lifetime memberships must have been purchased directly from Grandmaster Sin Thé to count for free or reduced admission prices. Please make checks payable to the Shaolin-Do Association. Sorry, no refunds! The SDA reserves the right to refuse admittance to anyone for any reason. For the latest news and updates, visit [www.shaolin-do.com](http://www.shaolin-do.com), or follow us on Twitter at [@shaolindoassoc](https://twitter.com/shaolindoassoc)!