

Grandmaster Sin Thé and the Shaolin-Do Association proudly present

Mulan's Cotton Fist Seminar - 1st and 2nd Roads

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

Saturday, March 17th from 9:00 AM to 3:30 PM
Lexington Catholic High School
2250 Clays Mill Road
Lexington, KY 40503

Grandmaster Sin Thé will teach the first two roads of the legendary **Mien Chien – Cotton Fist** system at his annual spring seminar. The Cotton Fist system was originally developed by Mulan. As a keen observer of nature, she was taken by the lightness of the cottonwood seeds that would burst open, float through the air and cover the ground, only to be stirred up again by the slightest breeze. She used the element of lightness to develop the four forms which, similar to the Mulan Fan forms, have a lot of moves which crouch down to the ground followed by leaping up into the air. It combines practical fighting with the lightness of body training.

The Cotton Fist system consists of four roads. In this seminar, he will cover the first two roads. The first road is called **U Hua Paow – The Meteoric Burst of Fire of the Five Flowers** and consists of 28 postures. The second road is called **U Hua Chui – The Meteoric Hammer of the Five Flowers** and consists of 34 postures. The third and fourth roads will be taught in September. The four Cotton Fist forms will be options from 2nd to 3rd degree black belt.

DVDs must be preordered and will be handed out at the seminar. You must attend the seminar to receive your DVD. Sorry, no exceptions!

After the seminar, we ask everyone to join us at the Lexington Cemetery for a memorial service for Dale Leonard. This seminar is being held on the first anniversary of her death.

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

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

Registration for the 1st and 2nd Road of the Cotton Fist

**** For preregistration, we must receive this form on or before Saturday, March 10th ****

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

Circle price and enter at right	Preregistration	At the Door	Total
All Shaolin-Do Students of Any Rank	\$125.00	\$150.00	\$
Lifetime Members *	FREE!		\$
DVD	\$39.95	n/a	\$
TOTAL			\$
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 admission.*

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, or follow us on Twitter at [@shaolindoassoc](https://twitter.com/shaolindoassoc)!