



The Shaolin-Do Association proudly presents the

5 Animal Chi Kung Training Live, Dead, Shien Tien Chi 華陀五禽戲

“Hua Tuo's Five Animals Frolic” (Wu Qin Xi) 五禽戲
As originally transmitted by **Grandmaster Sin Kwang Thé**

This early Chi kung (Qi gong) is a yogic health promoting exercise set which imitates movements of tiger, deer, bear, monkey, and crane; these practices were incorporated into various health promoting martial arts practices, such as Tai Chi (Taijiquan) and the principals of Hsing-I.

This ancient training is rarely taught in its entirety
The full series will be presented by veteran Shaolin-Do Instructors
Dennis P. Cook & Jerome A. Cook contact (513) 623- 6495

Saturday, January 17th, 2009 10 AM – 2 PM

Joe Harmon's Blue Ash Shaolin-Do

10933 Reed Hartman Highway Suites A & B,
Blue Ash (Cincinnati), OH 45242, (513) 530-5425

DVD available for those who complete training series!

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Name: _____ Email: _____
Address: _____ Instructor _____
City: _____ State: _____ Zip: _____

Circle & enter at right	Pre- registration	At the Door	
SDA Shaolin-Do students	\$90.00	\$110.00	\$
DVD	\$39.95 by 1/15/09		
Non-SDA / Shaolin-Do students by special permission only no DVD			\$150

Check, Money Order or Cash (Registration begins at 9:00 AM)

Please make checks payable to: **Blue Ash Shaolin-Do**

Waiver of Liability: It is expressly agreed that use of the SDA facilities, participation in SDA sponsored outside activities, events and transportation provided by the SDA shall be undertaken by a member or guest at his/her sole risk and the SDA shall not be liable for any injuries or any damage to any member or to the property of any member or be subject to any claim, demand, injury or damages whatsoever. SDA shall not be responsible or liable to members or their guests for articles damaged, lost -stolen in or about the facilities or for loss or damages to any property including but not limited to automobiles and contents thereof.