



# Shaolin Kung Fu Studios

3661 Horseblock Rd, Suite J  
Medford, NY 11763 [www.NotKarate.com](http://www.NotKarate.com)

## Introduction to Shaolin Kung Fu

Duration: 1.5 Hours

### Seminar Objectives:

- A non-contact look into the world of Chinese martial arts.
- Dynamic and highly interactive session will introduce the participant to the practice of 'forms' – an aerobic pattern of moments designed to strengthen the body, increase cardiovascular efficiency, increase flexibility while exercising the mind and – most importantly – having fun.

### Format:

- Participants will be led through a basic warm up session.
- Learn some of the basic stances, techniques and terminology of Shaolin Kung Fu.
- Learn a basic yet exciting pattern of movements which they will be able to practice on their own.
- Concludes with cool down and stretching during Q&A.

Certification upon successful completion.