


# CHUNG WAH KUNG FU INTERNATIONAL SYSTEM

SONGSHAN SHAOLIN MARTIAL ART INTERNATIONAL TRAINING CENTRE  
 SCARBOROUGH BRANCH MAY 2008 - DECEMBER 2008 CLASS SCHEDULE

	Tuesday		Saturday		Sunday
				11:30 to 12:30	<b>INSTRUCTOR TRAINING &amp; MEETING</b>
		12:00 to 1:00	<b>KUNG FU CARDIO TRAINING PROGRAM</b>		
7:00 to 8:00	<b>CHUNG WAH ADULT KUNG FU PROGRAM</b> (Class A & B)	1:00	<b>LION/DAGON DANCE PROGRAM</b>	12:30 to 1:30	<b>CHILDREN'S Shaolin Kung Fu PROGRAM</b> Class B
8:00 to 9:00	<b>CHUNG WAH KUNG FU TEAM PRACTICE</b>	1:00 to 2:00	<b>Chung Wah ADULT KUNG FU Class B &amp; STYLE PROGRAM</b>	1:30 to 2:30	<b>CHILDREN'S Shaolin Kung Fu PROGRAM</b> Class A
		2:00 to 3:00	<b>Chung Wah ADULT FOUNDATION KUNG FU PROGRAM</b> Class A	2:30 to 3:30	<b>Chung Wah ADULT FOUNDATION KUNG FU PROGRAM</b> Class A
		3:00 to 4:00	<b>CHILDREN'S Shaolin Kung Fu PROGRAM</b> Class A	3:30 to 4:30	<b>Chung Wah ADULT KUNG FU Class B &amp; STYLE PROGRAM</b>
		4:00 to 5:00	<b>CHILDREN'S Shaolin Kung Fu PROGRAM</b> Class B	4:30 to 5:30	<b>CHI KUNG / TAI CHI PROGRAM &amp; CHUNG WAH CHAMBER GROUP TRAINING</b>

See course description at our branches  
 for additional information on these  
 classes. We reserve the right to change  
 any information without notice.

## CLASS DESCRIPTIONS \*\*

- 1) **Chung Wah Shaolin Children's Program**  
 Class A: Ages 5 to 8  
 Class B: Ages 9 to 13
- 2) **Chung Wah Adult Foundation Kung Fu Program**  
 Class A: Entry and Basic Levels  
 Class B: Grade 1 and Grade 2
- 3) **Chung Wah Style Program**  
 Major in one of many styles available under the  
 Chung Wah System
- 4) **Adult Chi Kung & Tai Chi Program**  
 Open to all interested in health and internal training
- 5) **Shaolin Style Program**  
 Traditional Shaolin Style Kung Fu (Ask for more details)
- 6) **"Chung Wah Chamber" Group Training**  
 Specialized training for demonstrations, tournaments  
 and future instructors
- 7) **Kung Fu Cardio Training Program**  
 Pushing cardio, stamina, strength and endurance  
 to it's limits
- 8) **Lion/Dragon Dance Program**  
 Discover the hidden connection between Chinese  
 culture and the martial arts
- 9) **Chung Wah Gik Gae (Combat) Program**  
 Available upon completion of Chung Wah Foundation  
 Basic Level (Mississauga location only - Fri. 7:30 PM)
- 10) **Instructor Training and Meeting**  
 Monthly meetings for instructors and assistant  
 instructors

\*\* Students must request permission before rescheduling their classes to  
 check for space availability.

\*\* Please ask for more information regarding each of the classes.