



Shaolin Martial Arts and Chi Gong

Would you like to learn Shaolin Kung Fu and Chi Gong from the world champion?

Shaolin Martial Arts (Kung Fu) is an integral part of Buddhism. DAMA Great Grand Master established the “Yi Gin Jin” which has now become the most famous Shaolin inner strength practice.

For thousands of years, the highest ranked Buddhist monks have practiced meditation to calm and strengthen body, mind and spirit.

World Kung Fu champion Grand master Shi Guo Song and Chi Gong master Shi Yong Yao from the Song-Shan Temple will teach the famous Shaolin eight sections brocade and various traditional fist methods of Kung Fu. We welcome people of all ages. Mastery of this legendary style of martial arts will bring you good health and a happy life!



OAKLAND CLASSES

CHI GONG
Wednesday 5:30-6:30 pm

KUNG FU
Saturday 10:30-12:00 pm

Oakland Asian Cultural Center
388 Ninth Street, 2nd Floor
Oakland, CA
Tel: 510.637.0455
Fax: 510.637.0459
www.oacc.cc
Contact: April Kim, Program Mgr.
Tel: 510.637.0462
Email: akim@oacc.cc

SAN FRANCISCO CLASSES

CHI GONG + KING FU
Tuesday + Thursday 5:00-6:30 pm
Saturday 3:00-5:00 pm

Woodside International School
1555 Irving Street
San Francisco, CA.
Tel: 415.564.1063

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