

An Introduction to

Shaolin Kung Fu

Open to Teens and Adults, Green belt and above



Saturday, March 10
4:15 - 6:15 pm

Taught by:
Senpai Jacob Laden-Guindon

Cost: \$30

(reduced fees available for those on scholarship)

Join us and learn more about the world famous Shaolin temple and its stunning martial arts tradition – past and present. We will practice moving basics, and minor acrobatics, and work our way through a beginner level form.

Shaolin Kung Fu is traditionally practiced in shoes. You are welcome to wear martial arts shoes if you have them, or any other kind of light soled sports shoes if you would like. Black or white gi pants and a t-shirt are suitable attire.

Register now to reserve a space!

About the teacher:

In 2007, while spending a year in Berlin, Senpai Jacob Laden-Guindon started training with a group of Shaolin monks who had started a branch of their temple in Germany. He has returned every summer since to train under two young monks, Shi Xiao Hu and Shi Yan Yao.