



# Shaolin Style Kung Fu



The kung fu martial arts system began in the Shaolin Valley of China. The art was developed over 1500 years ago by Buddhist monks living in the famous Shaolin Monastery. It is from this comprehensive system of martial arts which other popular styles descend: aikido, judo, karate, taekwondo, and many others. The specific style of Shaolin Kung fu I teach is the Moh Kempo system. It combines the hard motions of kicks and punches with a wide variety of soft movements often found in tai chi. Many have described Kung fu as 'tai chi - only speeded up'. It has also been referred to as 'Chinese yoga' due to an emphasis on controlled breathing and meditation.

Among the benefits of Kung Fu practice are:

- flexibility body control
- breath control
- respect for the art (and other people)
- stress-reduction
- self-defense
- mental discipline.

**When/Where:** Jun 8 – Jul 3, 4 weeks; Tue 7 – 8 p.m., Studio 1-Center  
Sat 11 a.m. – 12 p.m., Studio 2-North

**Cost:** Members \$48 1x/wk, \$80 2x/wk  
Non-members \$56 1x/wk, \$112

**Contact:** Jon Doll, [jond@island-fitness.com](mailto:jond@island-fitness.com)

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## Registration Form

Name: \_\_\_\_\_ Member?      Y      N

Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Amount paid: \_\_\_\_\_ Payment method: \_\_\_\_\_

Date paid:  Received by: