

紐約少林武功中心

The New York City Shaolin Center Six Month Schedule

No classes on Saturdays when there is a scheduled Shaolin Festival

Festivals & Seminars

JANUARY

TAI CHI

易筋經 Yi Jin Jing

Muscle Tendon Change Classic #1-7

陽家太極拳 Yang Jia Tai Ji Quan

Yang Style Taiji Section 1

Mondays & Wednesdays 6:30-7:30PM @ NYCSC

All Levels

ASSISTANT INSTRUCTOR PRETEST

Tuesday, Jan. 5, 7:30-10:00PM @ NYCSC

TRAINING LAB

Yoga for the Kung Fu Body taught by Mindy Nelson

Tuesdays, Jan. 12, 19, 26 7:30-9:30PM @ NYCSC

All Levels

IRON BONE

鐵骨拳 Tie Gu Quan

Saturdays, Jan. 9 - Feb. 13 10:30AM-12:00PM @ Keystone Dance

1st Blacks and Above

BROWN BELT PRETEST

Saturday, Jan. 30, 1:30-4:30PM @ NYCSC

No Lower Belt Class

FEBRUARY

TAI CHI

易筋經 Yi Jin Jing

Muscle Tendon Change Classic #8-18

陽家太極拳 Yang Jia Tai Ji Quan

Yang Style Taiji Section 1 and 2

Mondays & Wednesdays 6:30-7:30PM @ NYCSC

All Levels

TRAINING LAB

The 37th Chamber

Upper Belt Supplementary Training taught by Mendel Rabinovich

Tuesdays, Feb. 2 - 23 7:30-9:30PM @ NYCSC

Brown Belts & Above



NEW YORK CITY
SHAOLIN CENTER

Ongoing

BROWN BELT

接拳 Jie Quan

Connecting Fist

1ST BLACK BELT

Endurance Punch & Kick

2ND BLACK BELT

鐵骨拳 Tie Gu Quan

Iron Bone

BROWN BELT

接拳 Jie Quan

Connecting Fist

Test Review & San He Quan

3 Measures Fist

1ST BLACK BELT

黑虎翻身 Hei Hu Fan Shen

Black Tiger Flips the Body

2ND BLACK BELT

鐵骨拳 Tie Gu Quan

Iron Bone

先天氣 Xian Tian Qi

Taoist Meditation

華陀五式內法 Hua Tuo Wu Shi Nei Fa

Hua Tuo Internal Method

MARCH

TAI CHI

易筋經 Yi Jin Jing

Muscle Tendon Change Classic #19-25

陽家太極拳 Yang Jia Tai Ji Quan

Yang Style Taiji Section 1 and 3

Mondays & Wednesdays 6:30-7:30PM @ NYCSC

All Levels

TRAINING LAB

Injury Prevention and Treatment taught by Jay Twitchell and Thad Wong

Tuesdays, Mar. 2 - 30 7:00-9:00PM @ NYCSC

All Levels

UPPER BELT PRETEST/TEST

Sunday, March 14th @ NYCSC

Black Belt Pretest 10:00AM-12:00PM

Brown Belt Test 12:00-3:00PM

APRIL

TAI CHI

易筋經 Yi Jin Jing

Muscle Tendon Change Classic #26-32

陽家太極拳 Yang Jia Tai Ji Quan

Yang Style Taiji Section 1 and 4

Mondays & Wednesdays 6:30-7:30PM @ NYCSC

All Levels

TRAINING LAB

Praying Mantis Strikes Out

Foundational Mantis Form, Training, Applications and Pressure Point Striking

Tuesdays, Apr. 6 - 27, 7:00-9:00PM

All Levels

Ongoing

BROWN BELT

Test Review & San He Quan

3 Measures Fist

金剛伏虎拳 Jin Gang Fu Hu

Guardian Subdues the Tiger Fist

1ST BLACK BELT

Gloved Sparring

2ND BLACK BELT

先天氣 Xian Tian Qi

Taoist Meditation

華陀五式內法 Hua Tuo Wu Shi Nei Fa

Hua Tuo Internal Method

BROWN BELT

金剛伏虎拳 Jin Gang Fu Hu

Guardian Subdues the Tiger Fist

1ST BLACK BELT

黑虎受傷 Hei Hu Shou Shang

Black Tiger Mortally Wounded

2ND BLACK BELT

形意拳散手炮

Xing Yi Quan San Shou Pao

Xing Yi 2 Person Set

w/ Iron Bone Warm Up

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Festivals & Seminars

MAY

TAI CHI

易筋經 Yi Jin Jing

Muscle Tendon Change Classic #33-40

陽家太極拳 Yang Jia Tai Ji Quan

Yang Style Taiji Section 1 and 5

Mondays & Wednesdays 6:30-7:30PM @ NYCSC

All Levels

TRAINING LAB

Technical Punching & Kicking taught by Jason Guerra

Tuesdays, May 4 - 25 7:00-9:00PM @ NYCSC

Yellow Belts & Above

JUNE

TAI CHI

易筋經 Yi Jin Jing

Muscle Tendon Change Classic #41-47

陽家太極拳 Yang Jia Tai Ji Quan

Yang Style Taiji Section 1 and 6

Mondays & Wednesdays 6:30-7:30PM @ NYCSC

All Levels

TRAINING LAB

少林地躺 Shaolin Di Tang

Down and Ground - Sweeps, Take Downs, and Ground Fighting taught by Thad Wong

Tuesdays, June 1 - 29 7:00-9:00PM @ NYCSC

Yellow Belts & Above



NEW YORK CITY
SHAOLIN CENTER

Ongoing

BROWN BELT

Yin Yang 2 Person Staff Set

1ST BLACK BELT

Black Tiger Applications Training

2ND BLACK BELT

形意拳散手炮

Xing Yi Quan San Shou Pao

Xing Yi 2 Person Set

w/ Iron Bone Warm Up

BROWN BELT

海龍杖 Hai Long Zhang

Sea Dragon Cane

1ST BLACK BELT

Double Broadwords/ Double-Ended

Staff Sparring

2ND BLACK BELT

七星劍 Qi Xing Jian

7 Star Straight Sword

Applications and Tai Chi Fencing

@ Central Park at 81st Street