

KUNG FU PROPOSAL
by Master Zhen of Shaolin Chi Mantis Traditional Buddhist Kung Fu

Here's a synopsis of my basic Kung Fu program:

Shaolin Kung Fu

Join Master Zhen of shaolinchiMANTIS.com as he teaches the traditional basics of traditional Shaolin Buddhist Kung Fu from the temple on Mt. Songshan in northern China.

Get in shape, get flexible, get strong, get faster, as you also get smarter and content. Shaolin Kung Fu was created for the Buddhist monks to increase their stamina and spirituality. This is the original martial art of Mind/Body/Spirit balance.

6 weeks is very short. I prefer teaching 4 month semesters.

So, rather than completing one of the following beginner level Forms (martial arts dances), in one semester, I'll have to break it up. No problem.

My BEGINNER PROGRAM includes the following to choose from:

Lian Bu - When Kung Fu is added to the Olympics, this will be one of the first FORMS to be used in competitions because many styles of Kung Fu use it.

Small Circular Luohan Fist - This is really cool but involves more leg work and lower stances. This Form is 1,000 years old.

Luohan 1 - The first of the main and original Forms, this is also about 1,000 years old and the EASIEST of our Forms.

12 Tantui - Actually stolen from the Chinese Muslims, this is 12 rows of simple exercises that leads the student to maximize their power by using their entire body in punching and kicking. Bruce Lee's father passed this down to him and we know how good he was. Coincidentally, one of my instructors, Master Wong Jack Man, is the person who beat up Bruce Lee and inspired him to create his Jeet Kun Do style.

I think we should choose "Lian Bu" since this is an Olympic ready form. I could teach it in 2 semesters since I've broken it down into 12 Lessons.

Classes:

First 10 minutes: Stretching

10 to 20: Punching Kicking Exercises

20 to 30: New Kick or punch

WATER BREAK

30 to 40: Breathing Exercises - Qigong

40 to 50: Lian Bu new section

50 to 60: Practice Lian Bu (teacher gives individual help)

If this were an additional 30 minutes, I could add more history, self-defense, and spiritual information into the class.

A 90 minute class would be the optimum.
start class at 6pm - 7:00 or 7:30

This would leave us the opportunity for another class to follow, for those who pass the first class from 7:00 to 8:00 or 7:30 to 8:30

I noticed you have dance classes to 8:45pm.

MONDAY EVENINGS would be good for me.

FRIDAY EVENINGS may not be good for most people, or, perhaps it would be a good alternative for teens and young adults to keep them off the streets...

My RESUME:

<http://www.shaolinchiMANTIS.com/Pages-M/bioMZ01M.html>

<http://www.taichiyouth.org/Pages-Y/resumePatriarchTCY.html>

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Thanks for your consideration.

I teach much more than exercise. My goal is to make every student a better person and teach them how to have a happy and healthier life.

I've cured many physical and mental conditions that were believed to be incurable. I've got many students off prescription drugs (and nonprescription drugs). My programs have cured sleeping disorders, and led many students to claim that I've "saved their life."

This program would be okay for ages 8 to 50. I'm 52, and will be teaching this until I'm over 80. But if they are not in good physical shape, anyone over 50 may be frustrated.

My daughter performed this "Lian Bu" and received numerous trophies when she was 6 years old.

Sincerely,
Master Zhen
Patriarch, Shaolin Chi Mantis
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