

三才劍 *San Tsai Jien*

(*Three Powers Sword*)

Saturday & Sunday, June 23 & 24

1:00pm to 3:30pm - \$150.00

The San Ts'ai Jien form is a relatively common sword form taught in many traditional Chinese martial arts schools - especially those who specialize in Chang Chuan (Long Fist) kung fu, including the Shao Lin and Jia Men traditions. This form originally came from famous Long Fist Master Han, Qing-Tan and later passed down to Master Adam Hsu and Master Wong.

攔截拳

Lan Jie Praying Mantis

(*Randomly collected*)

Saturday & Sunday, June 23 & 24

3:30pm to 6:00pm - \$150.00

This form was taught by Master Su to Master Wong in late 70's and later offered to students in Anchorage. It is a fast-paced, energetic, and highly effective practice of Praying Mantis form. Lan Jie expresses the pinnacle of Praying Mantis Energy. Now it's time open for those who are interested.