

Grandmaster Sin Thé and the Shaolin-Do Association proudly present

Dragon Tai Chi Seminar

In-Person Seminar

Saturday, December 11th
9:00 AM - 12:00 PM EST

Sin Thé Karate School
282 Gold Rush Rd.
Lexington, KY 40503

Online Seminar via Zoom

Sunday, December 12th
2:00 PM - 4:00 PM EST

The Zoom link will be emailed to everyone a day or two before the seminar.

Recently, Grandmaster Sin Thé has taught a handful of bird-style Tai Chi forms to bolster our skills and abilities on the internal side. Now we will take the next step when he teaches the **Dragon Tai Chi** form. There will be an in-person event on Saturday, December 11th for all of those who can attend. This kata is four sections long containing thirty-eight postures and is approximately the same length as the Swallow Tai Chi taught this fall. It continues the training of Hua Ching but is more vigorous and adds twisting, turning, and twirling of the hips and waist to generate power. The stances are even lower than those in the Condor Tai Chi form however the movements remain simple so that you can concentrate on the Hua Ching.

The prices are the same and you can attend either in-person, online, or both! For those who attend in-person, there will be physical DVDs available for preorder to be handed out at the door. For those who attend the Zoom seminar and preorder a video, you will be emailed a link to download the video to your computer.

If you are traveling to Lexington for the in-person seminar and need a hotel room, we have partnered with Home2Suites by Hilton for discounted rooms. You must use this link to register: <https://bit.ly/3bGmfX3>

Please fill out the registration form and mail it to the address below. If paying by check, please make your check payable to "Shaolin-Do Association".

Shaolin-Do Association
282 Gold Rush Road
Lexington, KY 40503

*Lifetime memberships must have been purchased directly from Grandmaster Sin Thé to count for free admission. Sorry, no refunds! The SDA reserves the right to refuse admittance to anyone for any reason.

Registration for Dragon Tai Chi Seminar

** For early registration, we must receive this form on or before Friday, December 3rd **

Name : _____

Rank : _____

Address : _____

Phone # : _____

Email : _____

Instructor : _____

Please circle one option in each row below.	Early Registration	Late Registration	Lifetime Member*
Registration	\$85	\$95	FREE
Video	Yes — \$39.95		No
If you purchased a video, which type of video would you like?	Physical DVD	Digital Download	n/a
TOTAL	\$		
Which seminar will you be attending?	In Person	Online (Zoom)	Both

Name on Card:
Credit Card #:
Exp Date:
Security Code:
Signature: