

Grandmaster Sin Thé and the Shaolin-Do Association proudly present

Hsing I Eight Essence Fist

In-Person Seminar

Saturday, December 12th from 9:00 AM - 12:00 PM (ET)
Sin Thé Karate School
282 Gold Rush Rd.
Lexington, KY 40503

Online Zoom Seminar

Sunday, December 13th from 12:00 PM - 3:00 PM (ET)
The Zoom link will be emailed to all registered participants the week before the seminar.

This winter, Grandmaster Sin will teach the **Hsing I Eight Essence Fist**. This form was developed by legendary General Ye Fei and is derived from the Eight Animal Pa Kua form and incorporates the essences of eight different animals (phequefo, eagle, tiger, dragon, bear, leopard, python, and white crane), including some that will perform duets together. It also incorporates the principles of "hua ching" and includes some unique stances. It can be used for rank advancement from 2nd to 3rd degree black belt. There will be an in-person event on Saturday, December 12th for all of those who can attend. For those who can't attend in person, there will be an online Zoom version of the seminar the following day! 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 and those will be handed out at the door. For those who attend the Zoom seminar, you will be emailed a link to download the video to your computer.

Please fill out the registration form below 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

Registration for Hsing I Eight Essence Fist

**** For early registration, we must receive this form on or before Saturday, December 5th ****

Name: _____ Email: _____
Address: _____ Phone #: _____
City: _____ State: _____ Zip: _____ Rank: _____
Instructor: _____ Phone #: _____

Circle price and enter at right	Early Registration	Late Registration	Total
All Shaolin-Do Students of Any Rank (includes both kata & meditation)	\$85.00	\$100.00	\$
Lifetime Members *	FREE!		\$
DVD	\$39.95	n/a	\$
TOTAL			\$
Circle: Visa MasterCard Amex	Name on Card:		
Credit Card #:	Exp Date:		
Security Code:	Signature:		

*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.

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Facebook: [facebook.com/ShaoLinDoAssociation](https://www.facebook.com/ShaoLinDoAssociation) / Twitter: [@shaolindoassoc](https://twitter.com/shaolindoassoc) / Instagram: [@shaolindoassociation](https://www.instagram.com/shaolindoassociation)