

**DENNIS BROWN SHAOLIN WU-SHU TRAINING CENTER
SILVER SPRING – CLASS SCHEDULE**

Effective: July 1, 2008 * 301-622-4700 (voice) * www.dennisbrownshaolin.com Email: dennisbrown@speakeasy.net

(A) Monday		(A) Tuesday		(A/B) Wednesday		(B) Thursday		(B) Friday		(B) Saturday	
Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room
10:00 AM Staff Development		12:00 Noon Self Defense	12:00 Noon Tai-Chi				12:00 Noon Tai-Chi			9:00 AM Tai Chi Forms	
	1:00 PM Open Class		1:00 PM Open Class	1:00 PM Open Class		1:00 PM Open Class				10:00 AM Tai Chi Weapons	
4:00 PM Staff Planning		4:00 PM Staff Planning		4:00 PM Staff Planning		4:00 PM Staff Planning		4:00 PM Staff Planning			10:00 AM Youth All Levels Forms
5:15 PM Little Dragons Drills		5:15 PM Little Dragons Drills		5:15 PM Life Skills ALL Youth		5:15 PM Little Dragons Sparring		5:15 PM Life Skills ALL Youth		11:00 AM Shaolin Kickboxing	10:45 AM Youth All Levels Spar.
6:00 PM Tigers/Cranes Beg Forms		6:00 PM Tigers/Cranes Int/Adv Forms		6:00 PM Tigers/Cranes Beg Forms	6:00 PM Quick Start Youth	6:00 PM Tigers/Cranes Beg/Int/Adv Sparring		6:00 PM Tigers/Cranes Int/Adv Forms		11:30 AM Teen/Adult Beg/Int/Adv Sparring	
6:45 PM Black Belts Youth & Adult Forms	6:45 PM Quick Start Youth	6:45 PM Kung-Fu Weapons Youth 4-12 yrs		6:45 PM Teen/Adult Weapons	6:45 PM Quick Start Teen/Adult	6:45 PM Black Belt Youth/Adult Sparring				12:15 PM Quick Start Youth	12:15 PM Quick Start Teen/Adult
7:30 PM Shaolin Kickboxing	7:15 PM Quick Start Teen/Adult	7:30 PM Teen/Adult Beg Forms		7:30 PM Shaolin Kickboxing		7:30 PM Teen/Adult Int/Adv Forms	7:30 PM Self Defense			12:30 PM Self Defense	
8:30 PM Teen/Adult Beg Forms		8:15 PM Teen/Adult Int/Adv Forms		8:30 PM Teen/Adult Beg/Int/Adv Sparring		8:00 PM Tai Chi Forms					

All students are to arrive 15 minutes prior to Start Time to Warm-up and do toning exercises. *This is part of your class.*

Little Dragons 4 – 6 years Young Tigers 7 – 9 years Cranes 10 – 12 years Teens 13 – 17 years Adults 18 and Over

Beginners – No Sash, Gold Sash & Gold and White Sash * Intermediate – Green Sash, Green and White Sash, Blue Sash & Blue and White * Advance – Red Sash and Above

Dress Code: “A” - Day Full Uniform * “B” Day – Kung-Fu T-Shirt with Uniform Pants or Full Uniform