

FOUNDER - SHIFU BUDDHA ZHEN



buddha1@buddhaKungFu.com

Zhen = Truth
Shen-Lang = Spirit Wolf

Our founder, Zhen Shen-Lang, the "Spirit Wolf of Truth," resides in the mountains above Pasadena, California.

Private lessons can be scheduled in the Los Angeles area for those unable to attend his regularly scheduled classes.

Private lessons start at \$50 per hour, in person or online at:

shaolinINTERACTIVE.com

WHAT DO I NEED TO GET STARTED LEARNING TAI CHI AND KUNG FU?

School T-shirt	\$18.00
Kung Fu Uniform	\$40.00
White Sash	\$12.00
BKF Membership	\$10.00
BKF Application	N/C
BKF Release Form	N/C

Monthly Tuition \$ _____

The Buddha Kung Fu membership fee includes student notebook.

TENNIS SHOES are required.

Semesters start January / May / September.

\$50 Belt Test fee for new belt and certificate.

Discounts available at BuddhaKungFu.com

ZEN SEMINARS

Shaolin Chi Mantis sponsors seminars and workshops that teach Tai Chi, Push Hands, Staff, Sword, Meditation, and Zen Buddhism.

Visit the shaolinZEN.org CyberTemple at:

shaolinZEN.org

TAI CHI KIDS & SENIORS

Class schedules of Buddha Zhen and his associate instructors

at:

TaiChiBuddha.com

BUDDHA KUNG FU

SHAOLIN



The school for making
Buddhas.™

Buddha Kung Fu
POBox 631

Montrose, California 91021

818-723-2769

BuddhaKungFu.com

SHAOLIN KUNG FU

Shaolin Chi Mantis is our parent Kung Fu school that teaches 3 traditional Chinese martial arts:

1. Shaolin Kung Fu
(Northern Shaolin)
2. Tai Chi
(Yang Style Taijiquan)
3. Praying Mantis
(Taiji Tanglang & 7-Star)

Shaolin Kung Fu originated in a small Buddhist Monastery in the Song Mountains of northern China. The Kung Fu taught to the monks has been earning legends throughout the orient for over one thousand years. The Shaolin Temple is also where Bodhidharma transformed Mahayana Buddhism into Zen Buddhism 1400 years ago.

Welcome to the birth of Zen Buddhism, Shaolin Kung Fu and your own healthier and happier future.

We teach the traditional Chinese classical weaponry and fighting Forms of our Kung Fu Ancestors, as passed down through Gu Ru Zhong, Jing Mo Association, Tai Mantis Federation, and Wong Jack Man, and the original Shaolin Temple on Mt. Songshan. Shaolin Chi Mantis goals enrich the body, mind, and spirit so that each student can live a healthier, happier, spiritual life.

少林氣螳螂

SPIRIT OF ZEN

Shaolin Chi Mantis teaches martial arts, while our programs teach nonviolence and social skills. Richard Del Connor, Buddha Zhen, has been a "Buddhist Scientist," since 1980, studying the effects of Kung Fu, Tai Chi and Buddhism on thousands of students.

Buddha Kung Fu utilizes the entire Beginner Program of Shaolin Chi Mantis, plus parts of the SCM intermediate and advanced programs to create a comprehensive traditional Kung Fu School that creates Buddhas, of any nationality, and of any religion.

BODY, MIND & SPIRIT

Body, mind and spirit is more than a slogan at Shaolin Chi Mantis and SCM licensed schools.

Our founder, Bodhidharma created Kung Fu more than 14 centuries ago to invigorate the monks of the Shaolin Temple to higher levels of spirituality and deeper levels of meditation.

It is the combination of developing the body that develops the mind. As the mind is developed, a greater spiritual universe unfolds. So, it is important that all three of these disciplines connect together and support each other.

1. Shaolin Kung Fu develops the **body**.
2. Tai Chi develops the **mind**.
3. Zen Buddhism develops the **spirit**.

Shaolin Chi Mantis has **ALL THREE**.

WARRIOR ATHLETE

Every person is an athlete. Once you've learned to walk -- everything is just one more olympic event. Life is full of athletic challenges ranging from 'running a cash register' to 'jumping into a business venture.'

As we learn to increase our physical and mental skills with Kung Fu, we increase our self-confidence and increase our abilities for success by being a WARRIOR ATHLETE.

What you learn:

Classes start with Chinese Yoga stretching.
Kicking & punching = aerobics.
Qigong Breathing = improved health.
Tai Chi = moving meditation.
Shaolin Kung Fu = spiritual self-defense.

BENEFITS OF BUDDHA KUNG FU

Energetic metabolism
Enlightenment
Feel energized
Find your true self
Healthy lifestyle
Improve concentration
Increase flexibility
Increase self-awareness
Increase self-confidence
Learn self-defense
Normalize weight
Release stress
Sleep better
Spiritual growth
Traditional inspirations
Zen wisdoms





How To Trigger
G-Jo Point #13

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With G-Jo, First Aid of the Samurai
Fear No Pain Or Injury!**

It's true! As a Master of G-Jo Acupressure, you can "erase" pain (and most other common ailments) in seconds ... using nothing but the touch of your finger! G-Jo is based on a network of secret pressure points (many of them used in the martial arts). When an injury occurs, reach for the right G-Jo point ... "trigger" it in the special way ... and sigh in relief! Be up and ready for action in moments -- or help loved ones, friends, clients, patients or students -- using this remarkable technique. G-Jo is so foolproof it works for skeptics as well as "believers." This life-saving skill is *vital* for those in the healing arts ... alternative medicine ... martial arts ... or anyone who ever finds him/herself far from doctors, medical help or hospitals.

G-Jo is safe for all ages... natural ...effective in healing hundreds of injuries and ailments ... and it works instantly! Not only for the relief of serious injuries, G-Jo relieves headaches ... back pain ... indigestion and other common ailments in seconds. Proven to millions on major talk shows. G-Jo is so effective it can even become your total health-care program! Yet this time-proven technique is so easy, you can actually become a certified Master of G-Jo Acupressure in as little as one weekend of study! We offer the only home-study acupressure certification program available. **Send for your FREE report today!** The G-Jo Institute, Dept. 192, PO Box 848060, Hollywood, FL 33084. Or phone (954) 791-1562 now for faster service. *"Teaching G-Jo Acupressure Since 1976"*

INSIDERS

Continued from page 16



Front row (from left): Sotero Lomell, Steve Lomell and Ted Vagenas. Second row (seated, from left): Charles Dauzat, Douglas Wong, Steve Baugh, Manuel Marquez, Kam Yuen, Al Simmons and Daniel Wang. In third row (from left): Che Cheng Chiang, Don Newton, John Lee Price, Roger West, Gerald Sharp, Wen Mei Yu, Carl Totton and Carrie Wong. In fourth row (from left): Reggie Gonzales, Troy Augborne, Kenneth Hul, Kisu, Richard O'Conner, and G.D. French.

TAI MANTIS ASSOCIATION HONORED AT CEREMONY

LOMITA, Calif.—The Shaolin Temple Kung Fu held its third anniversary party here recently, where the Tai Mantis Association, represented by several of its most distinguished masters and sifu, was honored.

Following refreshments and a tea ceremony, there was a moment of silence to honor the late Si Tai Gung.

Host sifu Manuel Marquez welcomed guests, presented his students, and thanked all the teachers under whom he trained for 26 years and to whom he attributed the founding of his own Shaolin Temple in 1991.

Then, visiting masters and sifu participated in a demonstration of their styles. After the party, many sifu and students remained to continue sharing skills and styles, as well as memories.

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SHAOLIN TEMPLE



Richard O'Connor

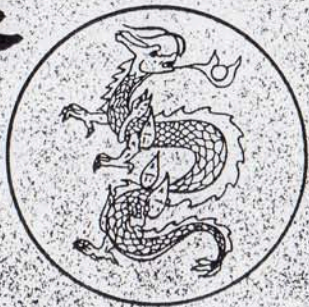
THIS IS TO CERTIFY THAT
HAS COMPLETED THE COURSE IN THE CHINESE STYLE OF LAWHORN CHUAN -
LING-PO-SYAU WAN CHUAN-NORTHERN SHAOLIN SIL-LUM-NORTHERN TONG
LONG CHUAN PRAYING MANTIS -TAI CHI CHUAN-CHI KUNG INTERNAL EXERCISES
AND HAS BEEN PROMOTED TO THE RANK OF *Instructor*
AND IS A MEMBER OF THE TAI MANTIS KUNG-FU ASSOCIATION, THE WAH QUE
STUDIO OF CHINESE KUNG-FU ASSOCIATION, AND IN TESTIMONY WHEREOF
SHAOLIN TEMPLE KUNG-FU AWARDS THIS CERTIFICATE

ON THIS *18th* DAY OF *January* AT 24606 NARBONNE AVE.,
LOMITA, CALIFORNIA 90717

Steven Baugh
CHIEF INSTRUCTOR

太極螳螂拳

北少林功夫



PRAYING MANTIS
KUNG-FU SCHOOL





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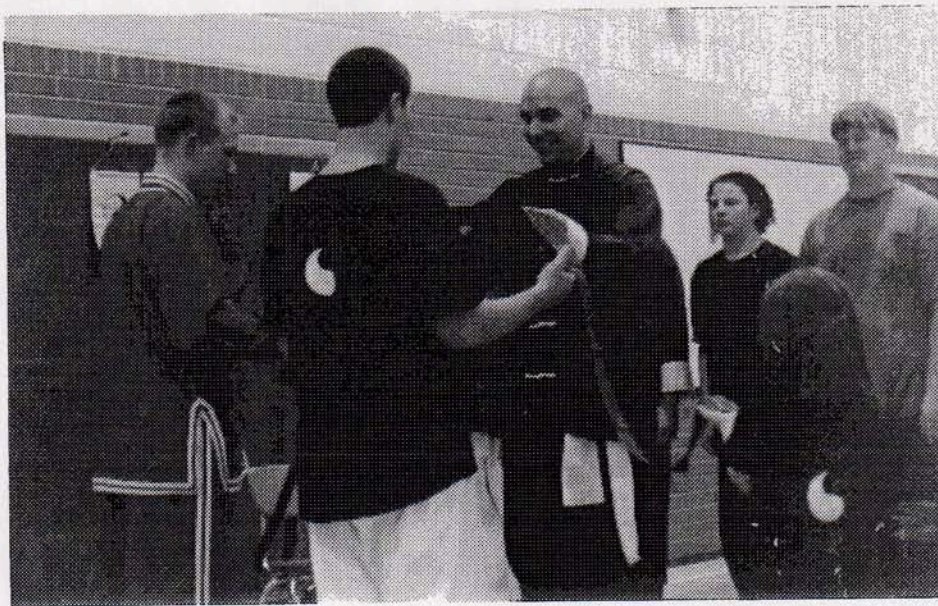
for more information contact: Richard O'Connor
(801) 595-1123

PATRIARCH HONORED IN UTAH

Salt Lake City, Utah. During the conclusion of the First Annual Tai Chi Youth Tournament grand championships on November 19, 1997, Master Zhen Shen-Lang was presented the Patriarch's Purple Sash by three high-ranking students of Shaolin Chi Mantis and Tai Chi Youth. The combined student bodies of both Shaolin Chi Mantis, a traditional Chinese Kung Fu school of Northern Shaolin Kung Fu, 7-Star and Tai Chi Praying Mantis, and Tai Chi Youth, a nonprofit education organization teaching Yang Taiji to youths at risk, all lined up side by side across the Hillside Jr. High gymnasium floor. Bo Jie-Ming, Matt Caputo, and Master Zhen's daughter, Zhen Ming-Mou, approached a bald smiling Master Zhen, all three with arms outstretched carrying the 118" long Chinese sash of bright purple, officially designating him the Patriarch and spiritual leader of both schools.

Photographs of the event are available for newspaper and magazine publications.

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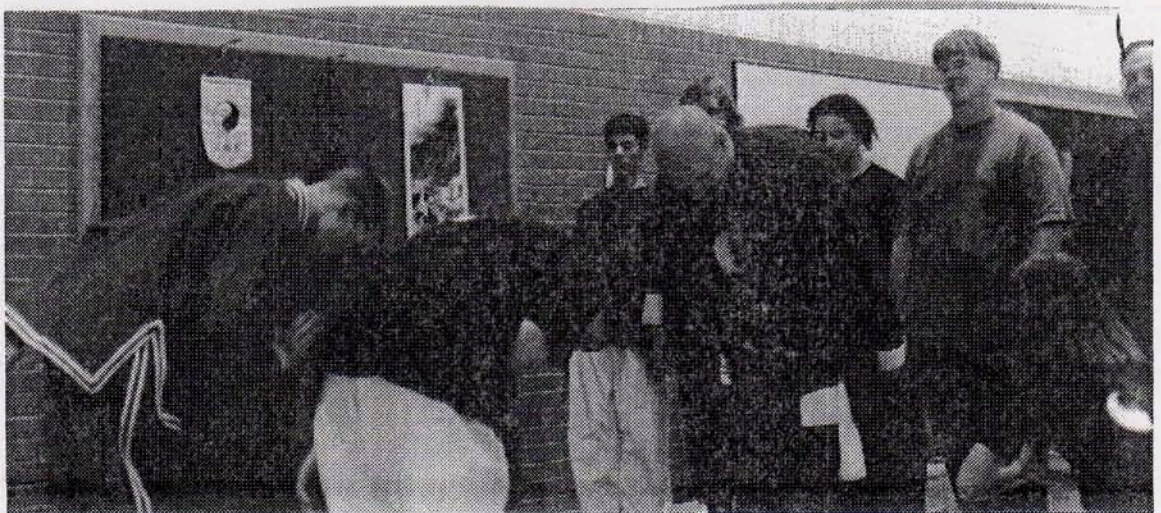




FOR IMMEDIATE RELEASE

for more information contact: Richard O'Connor
(801) 595-1123

MASTER ZHEN RECEIVES PATRIARCH SASH
of
Shaolin Chi Mantis
and
Tai Chi Youth



Presenters Left to Right: Bo Jie-Ming, Matt Caputo, Zhen Ming-Mou.
Hillside Jr. High gymnasium, Salt Lake City, Utah.

Presented during Tai Chi Youth Annual Tournament, November 19, 1997.

Tai Chi PUSH HANDS Tournament

Each age group will be divided into **SIZE DIVISIONS** based upon competitor's shirt size.

Divisions
XL
L
M
S

Ages
8 to 12
13 to 17
18 to 39
40 to 60

All competitors are considered of equal rank except for instructors, Sensei, and Shifu who can only compete in the **MASTER'S EXHIBITION.**



Push Hands Seminar completion required.

\$50 for weekend Tai Chi classes includes:
entire month of Push Hand Seminar fees
Push Hands Tournament registration fees

Push Hands seminars are required before competing in our Push Hands Tournaments. This enables students to understand the rules of our Buddha Kung Fu Push Hands Tournaments.

Basically, a competitor gains a point by causing his opponent to lift one of his feet off the ground. The judge will say, "Stop," and then a decision will be made by the two judges whether a valid point was achieved.

The judges are trained to advise and maintain a nonviolent atmosphere and attitude, despite the fact they are "fighting" each other. No grabbing, joint locks, strikes or punching are allowed. Warnings and disqualifications can be dispensed by the judges as necessary.

By reducing the violence and martial arts moves the competitors must use their balance, coordination and sensitivity to win. Push Hands competitions allow all the blocks and moves of Tai Chi. Only the shoulders to the hips can be pushed.



Evolve your body, mind and spirit.™



CoSponsored by:
Buddha Zhen
Buddha Kung Fu
and Tai Chi Youth

Buddha Zhen Shen-Lang, Richard Del Connor, also known as, Richard O'Connor and The Hippy Coyote, was the founder of Buddha Kung Fu in 2008, after creating Shaolin Chi Mantis Traditional Buddhist Gongfu in 1992.

Buddha Kung Fu consists of Northern Shaolin Kung Fu Forms, Yang Style Tai Chi, utilizing the curriculums designed by Buddha Zhen for Shaolin Chi Mantis. Buddha Zhen and Shaolin Chi Mantis were featured in **MASTERS OF KUNG FU** published by **INSIDE KUNG FU** in 1994.

Tai Chi Youth is a 501(c)(3) nonprofit charity founded in 1996 by Buddha Zhen. The TCY nonprofit education organization has improved the health of thousands of students, and cured drug addictions. The incredible Tai Chi programs for teens and elementary schools, are also the basis of the programs for seniors and adults. Starting in 2010, Tai Chi Youth will focus on instructional videos and internet classes so we can reach our largest audience yet.

By supporting Tai Chi Youth, you support our programs and the future of our youth.

Los Angeles County Department of Parks and Recreation
North County Community Services Agency



CRESCENTA VALLEY PARK

3901 Dunsmore Ave., LaCrescenta, California 91214



Tai Chi PUSH HANDS Tournament

SEPTEMBER 26

SATURDAY

1:00 - 4:00^{PM}

\$50 for
entire month of Saturday and Sunday
PUSH HANDS SEMINARS.

Includes
Push Hands Tournament Registration fees.
Push Hands Seminar completion required.

CoSponsored by:
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Buddha Kung Fu
and Tai Chi Youth

Evolve your body, mind and spirit.™

818 330-9551

Ages

8 to 12

13 to 17

18 to 39

40 to 60

Divisions

XL

L

M

S



www.BuddhaKungFu.com

Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks and Recreation, has designated an ADA coordinator to carry out this department's compliance with the non-discriminatory provisions of the ADA. For more information contact the ADA Coordinator's office at TEL 213-738-2970 TDY 213-427-6118 FAX 213-487-0380; upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio record, video captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

Creating Community Through People, Parks and Programs.

media meanderings



continued

front (though our pupils are not vertical as are those of most predators—"prey" usually have their eyes on the side, with horizontal pupils). We take in some 23,000 breaths of air each day, each ounce of air swirling with 1,000 billion, trillion oxygen, nitrogen & hydrogen atoms. We can smell a concentration as small as 0.0000000000000032 of an ounce of musk (which closely resembles human testosterone), but we are unable to smell violets for any length of time (the chemical ionone literally short circuiting our nasal neurons for a few minutes).

Every two days, we give birth to enough people to fill a city the size of San Francisco, our bodies naturally and completely replacing the vital amniotic fluid in the womb every three hours; still (as Susan Stanley writes in her book, *Maternity Ward*), we can regularly create "a crack-addicted fetus revealed by ultrasound to be in such 'agony' that it turns somersaults in the womb." "The heart of the differ-

Every two days, we give birth to enough people to fill a city the size of San Francisco.

ence between the modern world and the traditional one is that in traditional societies people are a valuable resource and the interrelations between them are carefully tended," wrote David Maybury-Lewis in his book, *Millenium*. "In Modern society, things are the valuables and people are the waste products of the system."

SL County Clean Air Coalition Meetings. 2nd Tues. 7p. City & County Bldg, Rm 442

Awakenings through Breath. Forming weekly and monthly breathwork groups based on the holotropic model. Dr. Daniel Sternberg or Paula Grosch, 364-2779 or 364-7337.

Kundalini Yoga: 5:30p, all levels. Garfield School Gym, 1838 S. 1500 E. Steve Fletcher, 322-3527.

Utah Coalition for Animals Meeting. 1st Tues of month. SL County Complex, S. Bldg. Rm 3019. Hotline: 595-7039.

Wednesday

Hatha Yoga: 9a. Open. Unitarian Church, 569 S. 1300 E. Jay Jones, 363-3696.

New Book Discussion. 10a, 1st Wed of month. Discover what's new and interesting to read. Free. Anderson/Foothill Library, 1135 S. 2100 E. 524-8200.

Preschool Storytime. 10a Main Library 524-8200. 11:30a Sprague Library 524-8280. Free.

Living Energy Yoga all levels. 9-10:30am, 350 S. 400 E., # 301. 1st class free. \$6-8. 532-1747.

Recovery Inc. 11a-1p. Whitmore Library & 6:30-8:30, Park Library. Mental health support group. 268-2402.

Red Butte Garden Tours. 12-1p. Free. Thru 9/30. Red Butte Garden Gate. 532-5322.

Noontime Meditation Group. Visualizations & music led by Marilyn Thomas & Kay Tucker. Donation basis. 12-1p. Fertile Ground, 274 E. 900 S. 521-8124.

Animal Rights Connection of Utah. Last Wed (and 2nd Tues.) of month. General meeting. 4010 N. Bldg. Government Complex. 2100 S. State. Hotline: 942-8280.

SL County Bicycle Advisory Committee. First Wed. 5 or 6:30pm. 2100 S. & State, Rm. N1101. Peter Netka, 359-0179.

Mayor's Bicycle Advisory Committee. Second Wed. of each month. 5pm. City/County Bldg., Rm. 325.

Tai Chi Class. Outdoors in Liberty Park. Combines techniques of Shaolin Kung Fu & Qigong. 7-8:30p. Instructor, Sifu Richard O'Connor. 595-1123.

Hatha Yoga by Lance Daniels & Charlotte Bell. First Unitarian Church, 569 S. 1300 E. 5:30-7p. 530-3213 or 355-2617.

Aerobics. (also Mon) 5-6pm thru Oct.

Course in Miracles. Ongoing reading group. 7-9p (also Fri.). STIC. 275 S. 11th E. 355-9210.

Learn to Meditate. Free 6pm. Followed by **Healing Circle.** 7pm. Teaching of the Inner Christ, 171 E. 4800 S. 268-6031.

Living On Earth on KUER FM90. 6:30p. Weekly half-hour newsmagazine about people and politics of environmental change.

Amnesty International Meetings. Third Wed. 7p. Cafe Mediterranean, 542 E. 400 S., downstairs. Cliff, 250-5190.

UT Ananda Meditation: 7-9p. Wings, 1088 S. 1100 E. 364-4031.

Drumming Circle with Bill Wright. Jeweled Maidens, 1721 W. 4160 S., 7:30pm. 967-0590.

Holistic Yoga-Meditation: John Nuslein (S.w. Yogeshanand.) 5:30-7 or 7-8:45pm, 2033 S. 12th E. #1. 485-8525.

Thursday

Thursday Garden Get-Togethers. **Red Butte Garden Amphitheatre.** 11:30am-1pm. Bring lunch, free lemonade provided. 581-5322.

9/3: Herbs for Salsa, Chutney & Other Tasty Treats, Mary Alyce Kobler.

9/10: Everlasting Flowers: How to Grow, Harvest, & Show, Debbie Amundsen.

9/17: Showy Natives & Companion Plants, Janet Alcorn & W. Richard Hildreth.

9/24: Planting a Fall Border for Spring Color, Peter Lassig.

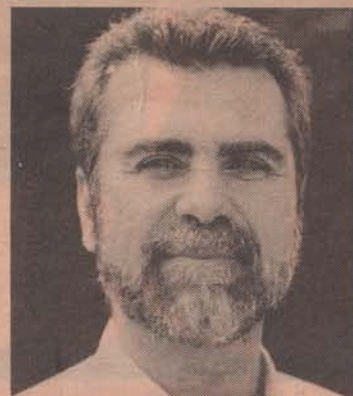
YWCA Noontime Network

322 E. 300 S. 355-2804

9/10: Primary Partnerships, Marybeth Raynes, LCSW, co-editor, *Peculiar People: Mormons & Same-sex Orientation*. What issues bring women to therapy?

9/17: Pushing Forward, Susan Lyons, LCSW. Issues within families & women's attempts to push for change.

9/24: Double "ism," Debra Daniels, MSW, asst. exec. dir. of YWCA. How racism impacts women of color as friends.



Coming Together 10/1-3 (register by 9/23) Snowbird

John Lee, author of *The Flying Boy* and *At My Father's Wedding*, is one of the presenters at "Coming Together," an experience devoted to personal growth, relationship and development of human intimacy. The gathering is sponsored by the Salt Lake Community College. Lee is an internationally recognized workshop presenter in the field of men's issues, codependency, addictive relationships, and adult child issues. Sherry Zemlick and Theresa Holleran, Stephen Paul, Mary and Ken Richardson and others are also presenters. For information call the Salt Lake Community College, 461-3429.

Teen Outreach. 6-8p. For teen mothers and pregnant teens. Free. Marcella, YWCA: 355-2804.

Hippocrates Living Foods Classes. Develop your spiritual diet. 6-9pm. \$12.50/class or \$80 for 8 class series. 1088 S. 1100 E. 466-2673.

Mothers Incorporated. 10a. Discussions with other mothers of young children. YWCA, 355-2804.

Natural History Program 1st Thurs. of month. KRCL 91FM. 12:30-1p host Marlene Lambert. Tempest..

Tune in to the Arts. KUER FM90, 1:30p. Nancy Boskoff visits Ricklen Nobis.

Hatha Yoga: 5:30p. Ashtanga. Unitarian Church, 569 S. 1300 E. Jay Jones, 363-3696.

Utah Peace Test General Meeting. 7p. 3rd Thurs of month. Friends Meeting

Alzheimer's Support Group. Free Alzheimer's Assoc. program for afflicted patients & their families. 4th Fri. every month. Holladay Library, 596-0308.

Discovery Singles. Non-sectarian singles discussion group meets every Fri. evening. Call 972-4370 and leave address for newsletter.

Gallery Walk. 3rd Fri. each month. 6-9p. Free. Some galleries included: Finch Lane, Pierpont, Utah Designer Crafts, Dolores Chase, F. Weixler, Ellie Sonntag, Urban Arts. Maps available at any of these.

Unitarian Coffee House. 2nd Fri. of month. 569 S. 1300 E.

Protest Nuclear Weapons Testing. Every 2nd Fri. 5:30p. Walk from the Capitol to the Federal Bldg until testing ends. Utah Peace Test. 328-4318.

Friday Night Live with Shirley Jones. Spiritual service of music, lecture & fellowship. 7pm, Ogden Park Hotel, 247-24th St. 392-6958.

Course in Miracles. Ongoing reading group. 7-9p (also Wed.). Society for the Teaching of the Inner Christ. 275 S. 1100 E. 355-9210.

Parents Helping Parents Support Group. 5770 S. 300 E. See Mon. listing.

Vigil Protesting Trident System Construction—1st & 3rd Fri. of month. Hercules main gate, 3:30-4:30p. Sponsored by Utah Peace Test and AGAPE. 328-4318, 268-6546.

Saturday

Tai Chi Class. Outdoors in Liberty Park. Combines techniques of Shaolin Kung Fu & Qigong. 3-4:30p. Instructor, Sifu Richard O'Connor. 595-1123.

Kundalini Yoga & Video Workshop. 1-4:30p. With Yogi Bhajan. \$10. 3HO Center, 1955 S. 800 E. 466-5001.



A New Workout for the Kids

by Gabi Natividad

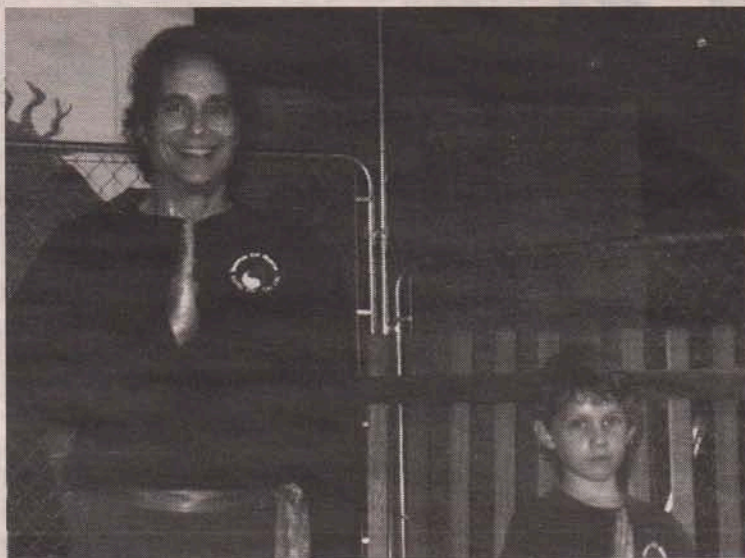
photo by Dalton Downey

Parents, there is a new type of workout for your kids that will cost only \$75 for two months. It takes place on Mondays and Wednesdays from 3:30 to 4:30pm at the Foothill Performing Arts Center on 10027 Commerce Avenue in Tujunga. It is not your typical exercise class; this one will teach young people ages 7-18 health awareness, morality, discipline, self-control, and better decision-making skills. It will also help reduce their stress. It is a program that is not used in your child's mainstream PE program, but can still provide the same, if not better, physical benefits: Tai Chi.

Tai Chi first originated in a Taoist monastery in Northern China not as a martial art, but as a set of exercises for out-of-shape monks. It later evolved into Tai Chi Chuan (Grand Ultimate Boxing Style), which is one of the most powerful martial arts styles in the world.

Zhen Shen-Lang (formerly Richard O'Connor), 51, is the instructor and founder of the Tai Chi Kids program. Originally wanting to strike it rich in the movie business, O'Connor moved to Utah. After being inspired by a popular kung-fu TV series, O'Connor learned a form of martial art called Shaolin from its technical advisor, and later learned Tai Chi. After years of getting to know the Chinese community in Utah, he was dubbed honorary Chinese and given the name Zhen Shen-Lang, in which his last name (Zhen) stands for truth, and his first name (Shen-Lang) stands for "spirit wolf".

Master Zhen Shen-Lang has taught martial arts since 1982.



He has instructed thousands of students, ranging from children to seniors, and from civilians to convicts. In 1992, Zhen volunteered to teach 15 inmates from a Maximum Security Youth Prison in Utah. After the inmates had taken his class for 8 weeks, their communication skills had improved significantly. Zhen was eventually hired by the state to teach weekly classes at the youth prison--something that no other American Tai Chi instructor has ever had the courage to do. He also taught classes for elementary school children at his local YWCA, and was soon in-demand. This, as well as the style of his Shaolin Chi Mantis program, became the foundation for his Tai Chi Youth program, a more extensive version of the Tai Chi Kids class.

The class mainly consists of yoga stretches and warm-ups, punching and kicking practice, breathing exercises (moving meditation), and absorption of concepts for older kids. For example, Master Zhen incorporates nonviolent competitions into his curriculum. His students never actually hit or kick

one another, and he stresses that they should never use violence in or out of class. Zhen's teachings encourage a positive mindset and equip young people with the knowledge of how to control their minds and bodies as well as their intentions. His teachings also promote healthy interpersonal relationships.

Zhen has two kids, one of which was present during the interview, and demonstrated how he and his father could do Tai Chi moves in perfect synchronization. Zhen Song-Dao commented about his dad's program quite articulately for a 7-year-old: "I've learned that you're supposed to have physical balance in every stance you're supposed to have. I feel happier everyday--everytime I do Tai Chi."

Zhen, who is very enthusiastic about the effects of Tai Chi, spoke of his contribution to society: "I honestly think I'm improving the world. Every student that comes out of my program... is a slightly better person. I tend to think that slightly better people throughout our communities and throughout the world make the world a slightly better place."

INSIDE The Ultimate in
Martial Arts Coverage!

DECEMBER 1996

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U.K. £1.95

K48325



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First Time?



DIRECTORY

Listed below are some of the finest martial arts schools in the world. For information on how to be listed, write: *Inside Kung-Fu*, 4201 Vanowen Place, Burbank, CA 91505 or call (818) 845-2656.

ALABAMA

HUNTSVILLE
Academy of Chinese
Martial Arts 701 Clinton
Ave. W., 35811
(205) 726-2818, Inst. John
Chan, Dalton Davis
Professor Chi's Tai-Chi
Club
(205) 859-3130, Inst. Kuan-
Wen Chi

ALASKA

ANCHORAGE
The Taoist Retreat of
Alaska
615 E. 82nd Ave, Ste. B-11,
99518; (907) 263-8178 Inst:
Sifu Warren Pretlow, C.M.T.,
O.B.T.

CALIFORNIA

ANAHEIM
So. California Wing Chun
Academy
2653 W. Stanley Ave.; (714)
827-4829, Inst. Jerry McKinley

BARONA/LAKESIDE
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 390-8577, Sensei Rob
Arellano

BEVERLY HILLS
Asia Arts Kung-Fu
(818) 403-0448, Sifu Vernon
Pietra

BURBANK
Martial Arts Academy

LOS ANGELES
Chinatown "Boxer
Rebellion" Jun Fan/
LucyLucy Memorial
Institute Kali, JKD &
Kickboxing
969 Chung King Rd., 90012
(818) 596-2059, Inst. Mark
Stewart

**Hawkins Cheung Wing
Chun & Tai Chi Academy**
6887 Venice Blvd., 90034;
(310) 838-5133
So. Calif. Martial Arts
Assoc.
5011 York Blvd., 90041; (213)
254-2432, Sensei Michael
Peolina

MARINA DEL REY
Jeet Kune Do Unlimited
13428 Maxella Ave., #392,
90292-5671; (310) 984-8372.
Inst. Burton Richardson

MISSION VALLEY
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 443-2611, Sensei Dan
Mergens

MONTEREY PARK
Gary Lam Wing Chun
121 S. Rural Dr. 91754, (818)
288-8422, Note: Wong Shun
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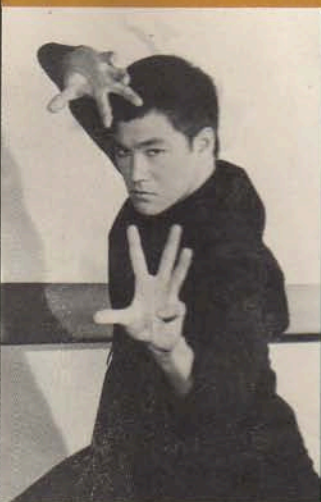
THE DAY ELVIS DIED!



**ED PARKER
REMEMBERS
THE KING!**



**Startling Facts!
BRANDON LEE'S
ASTROLOGICAL
CHART!**
From Birth to Death!



**SUGAR RAY
TAKES TIPS
FROM BRUCE!**

**NEW YORK'S
UNDERGROUND
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THE STREETS!**

**"I THOUGHT
I WAS GOING
TO DIE!"**
Alan Lamb's 10
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**COYOTE PROWL
FOR LOST SOULS!**

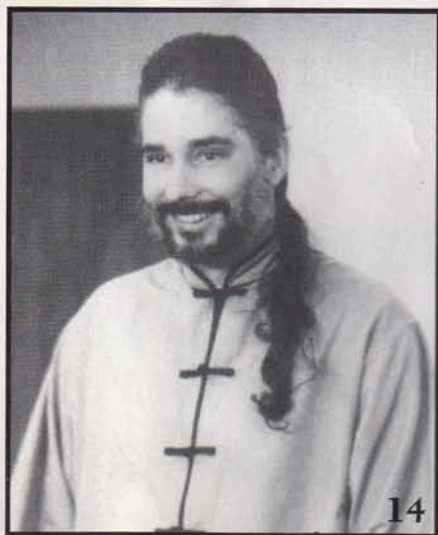
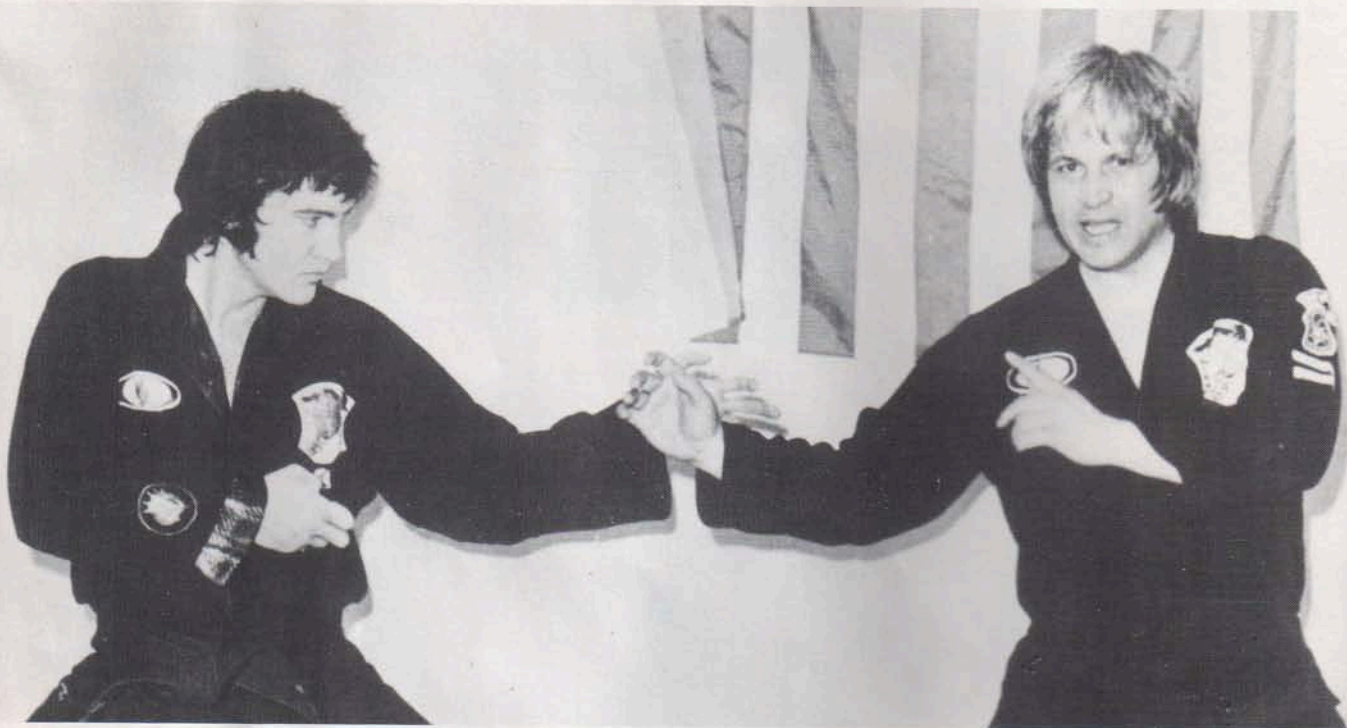


MASTERS OF KUNG-FU

FEBRUARY 1994 • VOL.1/NO.9

44 COVER STORY Ed Parker Remembers the King

Friend, bodyguard, teacher, confidante. Ed Parker was all those things and more to The King. Right up until the day Elvis died. *By Ed Parker*



FEATURES

6 A Black Belt's Leap of Faith

Andre Alex Lima had always been curious about the inner strength martial arts provided. He decided to put it to the test: by jumping from the third floor of a building. *By John Corcoran*

14 Coyote on the Loose

Richard O'Connor, nicknamed "The Coyote", has found a home for his myriad talents in the wide-open spaces of Utah. *By Michelle McCarty*

20 Sounds from the Underground

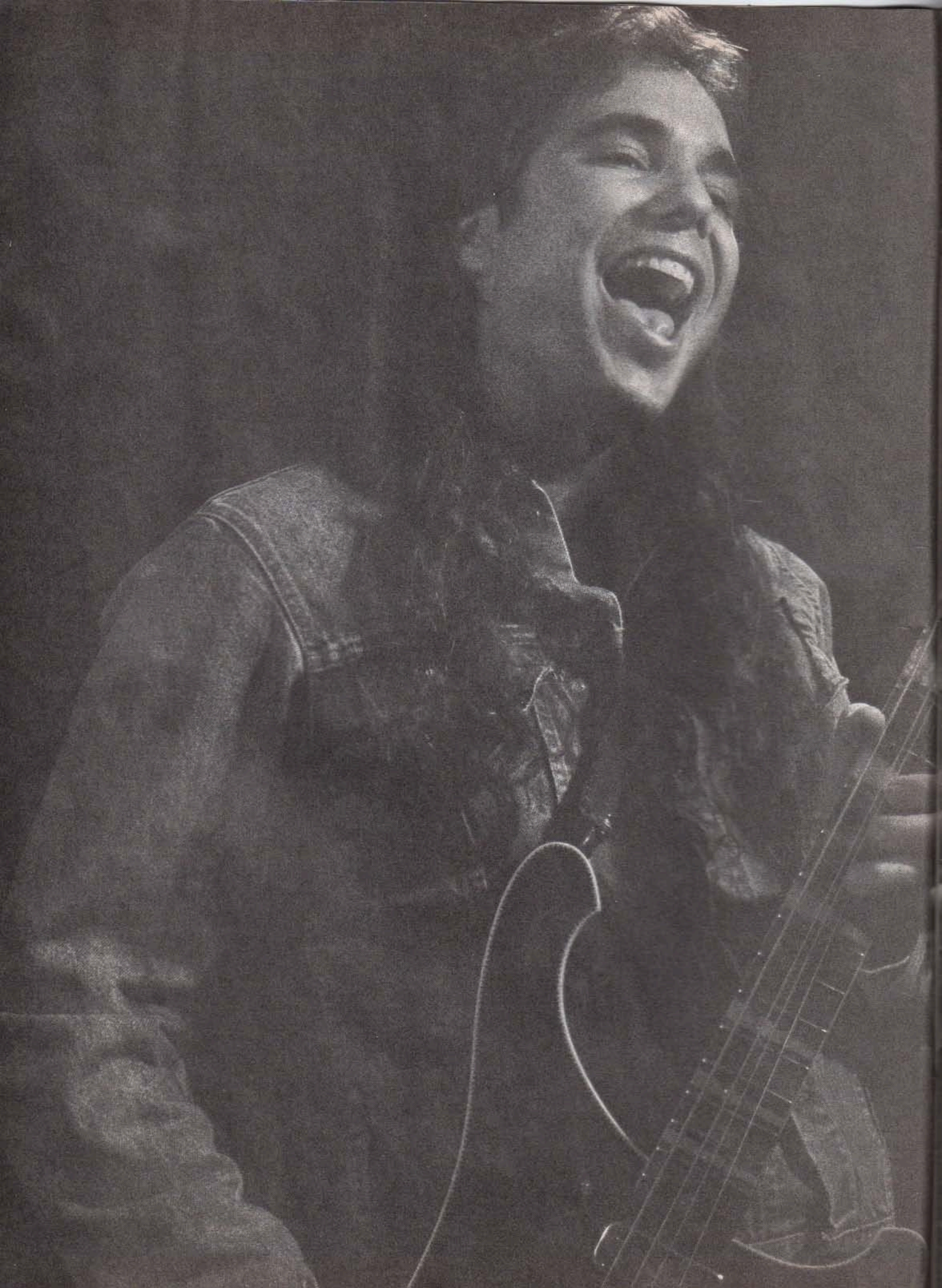
Frank Allen, New York's resident underground martial artist, is taking his message to the street. *By Clarence Lu*

26 Inside the Life of Brandon Lee

According to one astrologer, even if there had not been an accident on a movie set, Brandon Lee's fate was sealed from birth. *By Patricia Naxera, with David L. Wilson*

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A Coyote On the Loose

Richard O'Connor, nicknamed "The Coyote", has found a home for his myriad talents in the wide-open spaces of Utah.

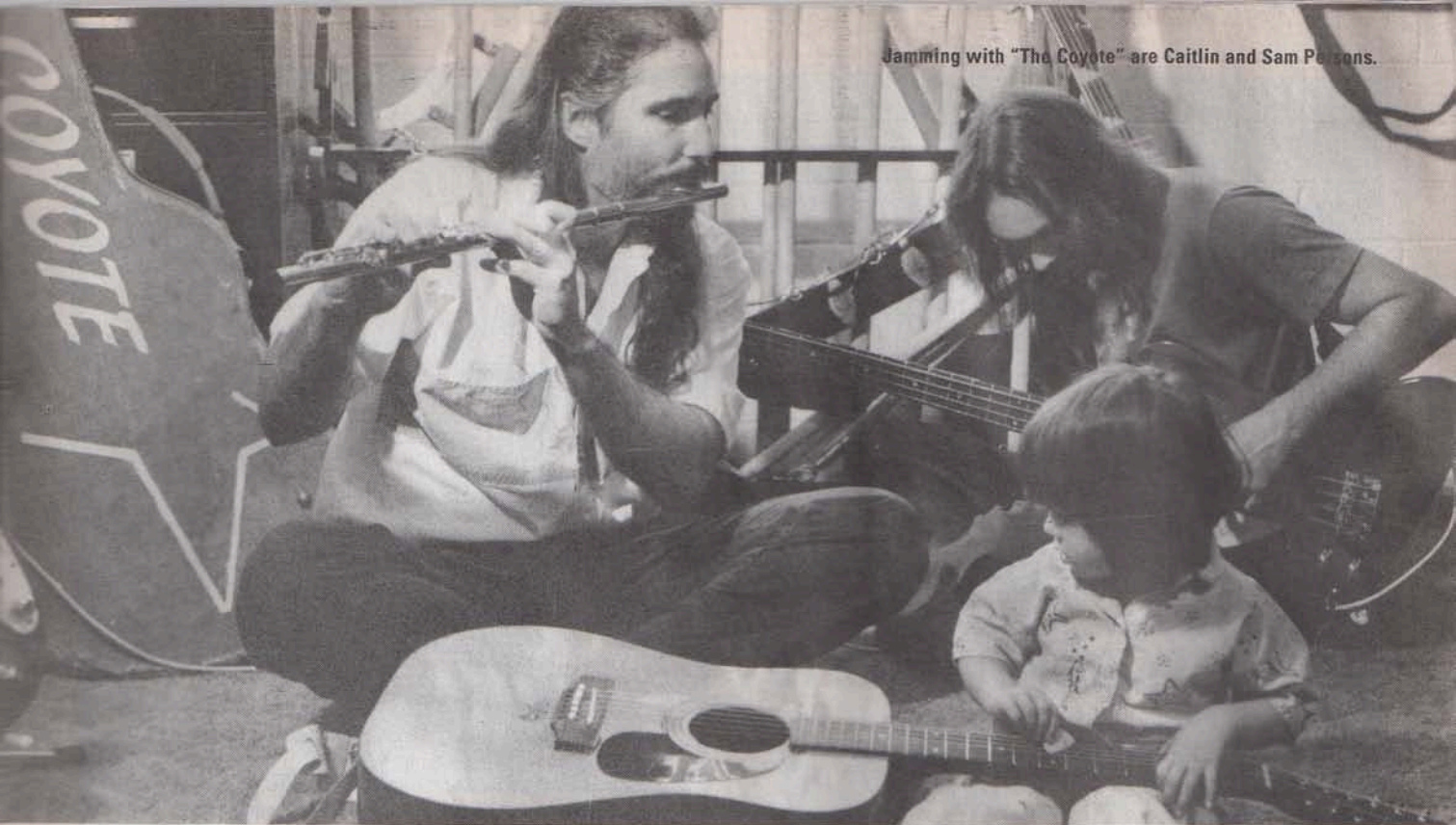
BY MICHELLE MCCARTY

He's been on television and he's worked on dozens of film crews. He's been a rock 'n' roll photojournalist and his music has been on records and in movies. He's an acoustic guitar troubadour who plays the wildest flute since Jethro Tull and teaches tai chi to youth in rehabilitation centers and prisons. He is sifu Richard O'Connor, who performs his music and poetry under the name "The Coyote". His hair stands on end like an Indian from the movie *Last Of The Mohicans* and hangs halfway down his back in a braided ponytail. Currently sporting a beard, his smile still exemplifies the youthful enthusiasm for which he is famous.

"During the mid-1980s I was known as 'Smiley O'Connor' by some record company people. Backstage at an REO Speedwagon concert, the vice president of marketing for Epic Records said he kept one of my album covers on the shelf of his office just to cheer him up in the morning."



Richard O'Connor at the Mormon rock garden in Salt Lake City, Ut.



“It wasn’t until a bassist friend of mine asked me to help him kick his drug habit that I realized the potential of tai chi chuan.”

As a talented, inventive renaissance man, he left his mark all over Los Angeles during the '80s. Designing recording studios and mastering labs, his clients included Fleetwood Mac, Frank Zappa, The Village Recorder, MCA Records, Capitol Records, Universal Studios, and a variety of record producers and mastering studios. His carpentry, cabinetry, and acoustic designs will be in production for decades to come.

“I built speakers and consoles for quite a few studios. They’d hand me a sketch on a napkin and I’d build them a studio. It was a lot of fun because as a musician I always felt like I was building it for me.”

The move to movies

In 1984, O'Connor was just releasing a solo record on his newly formed label, Shaolin Records. Realizing he needed to produce a

music video, Richard enrolled in a music video production class at the University of California at Los Angeles. While partying with some of his fellow students at a Hollywood nightclub after class, he was asked to substitute for someone who had a doctor's appointment the next day. She said that although Richard wouldn't get paid for taking her place, the experience could be very valuable. And that's what it turned out to be: very valuable.

The producers noticed what a quick learner he was and hired him for more than a half-dozen other commercials and music videos. His organizational talents fit in well with the film business. Richard graduated in 1987 with a 3.6 grade point average from UCLA's Motion Picture Program with more than two dozen film credits under his belt.

“One of my musicals, *Coyote In A Graveyard*, was receiving a lot of attention after New World Pictures had me write it into a screenplay. Originally a rock opera like *Tommy* by The Who, I was asked to rewrite it into a feature film. Michael J. Fox even got on stage with us one time and jammed out Johnny B. Goode for an encore. We came close to producing it a few times before my wife suggested we try moving my creative career to Utah. I knew there was a film industry in Utah, but when we got here in 1991 it turned out to be smaller than we'd imagined. Actually that first year was such a harrowing experience, my journals may one day become a bestseller.”

Not one to easily give up, Richard shifted gears and focused his creative energies on his daily ritual, tai chi and Shaolin kung-fu.

Tai chi to the rescue

“While I was establishing a reputation as a cinematographer, studio designer, or musician, everybody eventually came to know me as a kung-fu instructor,” he says. “I do it because I love it. On my way”
Michelle McCarty is a Salt Lake City, Utah-based freelance writer, who also designs and markets jewelry.

“I’m like a parent watching a child take its first step. When I see my students regain that glimmer in their eye and that hope in their heart—it’s worth more than money.”

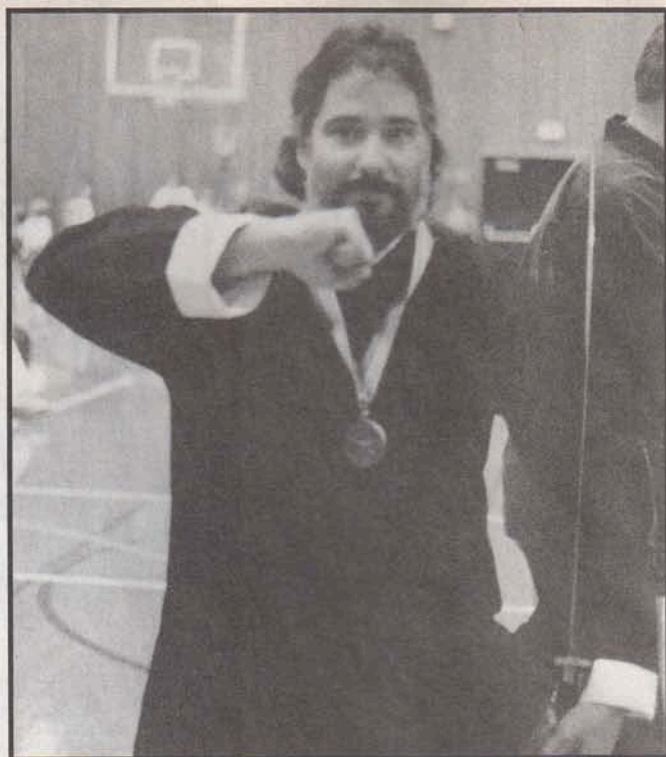
to classes at UCLA I’d be pounding the trees with my whip chain, or doing my Shaolin forms between buildings.

“On movie sound stages when everybody else was guzzling coffee to stay awake I’d be zipping through praying mantis forms to get exhilarated. Musicians and co-workers would study with me, and I taught them, usually for free. It wasn’t until a bassist friend of mine asked me to help him kick his drug habit that I realized the potential of tai chi chuan.

“Every few hours we’d practice the tai chi short form together. It was grueling at first. After a couple days of holding his hand through the chills and contortions we established a routine of tai chi that seemed to normalize him. It worked. So when I moved to Salt Lake City and found myself literally frozen out of the entertainment business, I felt strangely compelled to help other youths or adults in correctional facilities or rehabilitation centers.

“Salt Lake City may not be in the dark ages, but they are a little behind the times. Most people here do not even know what tai chi is yet. Thanks to a couple of very supportive people like Larry Dillenbeck at Decker Lake Youth Prison, and Jack Wiseman of Turnabout Youth Rehab, I was able to prove how beneficial my innovative teaching system is.

“After teaching my tai chi program at Decker Lake Youth Prison an entire year for free, the guards and counselors supported me enough to get me on the payroll. They spoke of how my students were actually becoming more emotionally and physically balanced. Turnabout has also been a fantastic experience. I’m like a parent watching a child take its first step. When I see my students regain that glimmer in their eye and that hope in their heart—it’s worth more than money. I just graduated a group of wealthy adults who live in Sundance, near Robert Redford. It was especially rewarding hearing them comment about the changes they recognize in each other from my tai chi program.”



Richard O'Connor (above) displays the medal he won with his darn do form at the Utah Summer Games. Below: O'Connor performs Yang style tai chi.



Teaching is performing

“Ironically, I’m making more money teaching tai chi and Shaolin kung-fu than I made as a musician or cameraman,” notes O’Connor. “It’s also just as satisfying as a good concert performance. With my music, I take people into my worlds or imagined realities to entertain them and enlighten them with my perspectives. Although I didn’t originally intend to be a kung-fu instructor, as a sifu I am leading people on journeys into realities and experiences they might otherwise never discover. It is very satisfying watching anyone gain control of their subconscious powers. One of my students at Turnabout said that not only did tai chi enable him to stop his desire for drugs, but sometimes he felt guilty because doing the tai chi made him feel so good.

“Oh, and just yesterday a young man showed up at my YWCA class to enroll. He had been taught the entire tai chi form by one of my students from Decker Lake Youth Prison who has remained out

Shades of Jethro Tull. O'Connor shows his musical versatility on the flute at a local club.



of jail the past year and a half. I am very proud of him knowing he is not only sticking with his tai chi, but is helping other kids in his neighborhood by teaching it to them."

Sifu O'Connor's teaching style is definitely unique. His sense of humor and enthusiastic personality have given him a reputation as an emotional healer.

"It is his warmth and caring heart that reach out to all his students. His energy really touches you. He is a wonderful teacher who really cares about his students," explains Mary Bachmann, a 66-year-old student who is recovering from cancer. "He enters the room with authority yet he brings a great peace with him.

"Believing that kung-fu should be fun, he teaches awareness on many levels," she adds. "Students analyze each other, analyze themselves, and read out loud weekly handouts written by sifu O'Connor that stimulate both awareness and discussions. The exercises are very hard but I am feeling so much better that my spirit has been lifted out of depression."

Buddhist in a Mormon land

"I was raised Catholic," O'Connor notes. "So I understand the benefits and detriments of modern Christianity. Most of my students here are Mormon. It is not my interest of style to talk people out of their religious beliefs. I just show them a few new concepts they may not otherwise be shown. Even Buddhism or Taoism as religions are too

restrictive for me. It's just that the basic concepts and beliefs of Buddhism most closely resemble my own ideology. I incorporate and utilize aspects of every religion I've come in contact with."

As a Buddhist flutist, his music has caused a few heated tempers in Utah. Some of his lyrics do criticize the restrictiveness of the Mormon church and their policies of punishing members of their flock who question authority or disagree with the church's policies.

"Actually, the flute is my most recent voice," he admits. When my wife was pregnant in 1990, my electric guitar wasn't always appreciated. But when I played my flute, she said that even the unborn baby was enjoying it. Now I've reached a new level where I take a song that was originally intended to be sung and use my flute to sing the lyrics. I'm writing more instrumental music than ever before. Because the flute requires you to breathe into it, perhaps my qigong abilities are also coming into play. My brother gave me a little four-track recorder and I'm pumping out some cool stuff that one of my students calls 'psychedelic'."

Return to Shaolin

Sifu Richard O'Connor has trademarked his kung-fu system as Shaolin chi mantis. The forms and techniques are traditional northern Shaolin forms, lo han forms, plus a combination of the tai chi praying mantis and 7-star praying mantis kung-fu systems taught to

Continued on page 78



Salt Lake City School District

M. LYNN BENNION ELEMENTARY SCHOOL

Rae Louie
Principal
578-8108
fax 578-8111

429 South 800 East
Salt Lake City, Utah
84102

June 10, 1998

To Whom It May Concern:

This letter is written in support of Richard O'Connor. He has been an active member of our School Community Council (SCC) for the 1997-1998 school year. Richard supports education and Salt Lake School District's educational goals. He has been personally involved with M. Lynn Bennion where his daughter is a student.

Richard assumed many tasks and worked diligently representing both parent and community perspectives. Any school system would do well to involve Richard. We are certainly grateful for all the time and effort he has invested in us.

Sincerely,

Rae Louie, Principal



www.BuddhaKungFu.com

Tai Chi PUSH HANDS Tournament

SATURDAY

SEPTEMBER 26, 2009

Ages

8 to 12

13 to 17

18 to 39

40 to 60



Push Hands Seminar completion required.

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Buddha Zhen

Buddha Kung Fu

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PUSH HANDS SEMINARS.

Includes

Push Hands Tournament Registration fees.

Buddha Zhen first began promoting Push Hands tournaments in Salt Lake City, Utah, in 1994. When Tai Chi Youth was founded in 1996, additional funding and donations helped enlarge and improve the Shaolin Chi Mantis Push Hands tournaments.

Over the last dozen years of Push Hands tournaments, we have developed the best rules and Push Hands seminars available. The Amateur Athletic Union AAU has also been a sponsor of our Push Hands Tournaments.

**Push Hands
Non-violent
Chinese
Tai Chi Sparring**

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Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks and Recreation, has designated an ADA coordinator to carry out this department's compliance with the non-discriminatory provisions of the ADA. For more information contact the ADA Coordinator's office at TEL 213-738-2970 TDY 213-427-6118 FAX 213-487-0380; upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio record, video captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

Creating Community Through People, Parks and Programs.



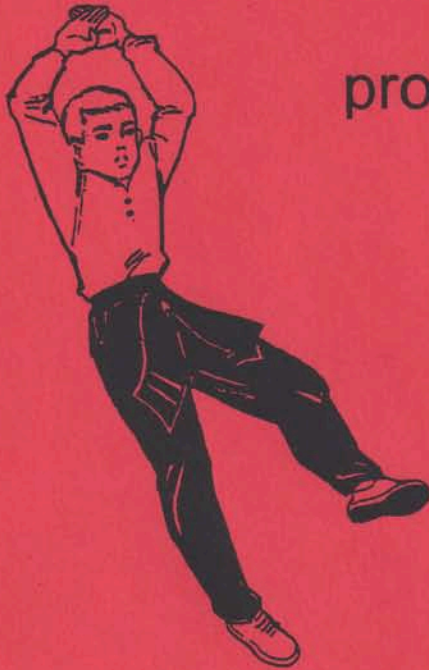
Tai Chi Youth

and

Shaolin Chi Mantis



proudly present



Saturday September 10, 2005 10:00 a.m. – 12:00 p.m.

Push Hands Seminar



Saturday September 17, 2005 10:00 a.m. – 12:00 p.m.

Push Hands Judging Seminar



Saturday September 24, 2005 10:00 a.m. – 12:00 p.m.

Push Hands Championship

All events will be held at Crescenta Valley Park in La Crescenta
at the corner of Honolulu and New York.

Cost to attend: \$25.00 donation to Tai Chi Youth

(Includes all three September events)

Donate online: www.taichiYOUTH.org

Dear Shifu, Student, Coach and Spectator:

I have enjoyed promoting Push Hands events for a dozen years. During these events I have been pleased to see students and strangers competing without physical injury.

I also appreciate the friendly spirit that pervades all our tournaments. Those who win and those who lose appear almost equally pleased. Even when a person loses a Push Hands competition, they usually have learned something and improved a little.

Our Shaolin Chi Mantis Push Hands Rules have been designed to emphasize and utilize the most basic and advanced techniques of Tai Chi (Taijiquan.) No kicking. No punching. No grabbing. No pulling. All pushes must be from hips up and shoulders down.

Thank you for attending.

***Sincerely,
Zhen Shen-Lang
Patriarch, Shaolin Chi Mantis***

**Shaolin Chi Mantis
&
Tai Chi Youth
8th Annual
Summer Push Hands
Tournament**



- | | |
|--------------|---|
| 10:00 | Opening Ceremonies |
| 10:15 | Push Hands with Master Zhen
Master Zhen will compete with
each contestant to increase their
skill and demonstrate Tai Chi
and Push Hands concepts to the
audience. |
| 10:30 | Push Hands Competition |
| 11:15 | Awards Presentations |
| 11:30 | Closing Ceremonies |





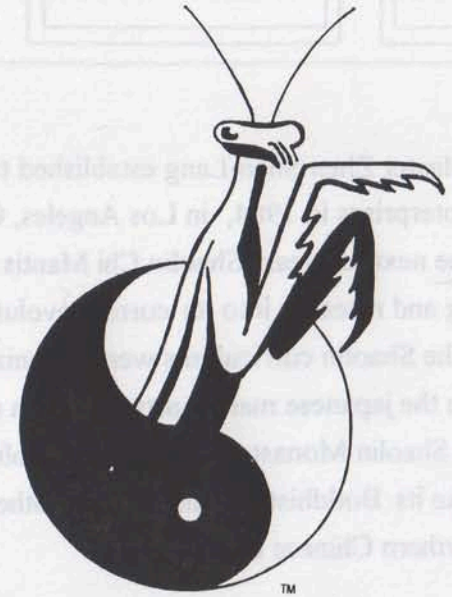
Master Zhen Shen-Lang

Our goals at Shaolin Chi Mantis are to provide better balanced people to lead better balanced lives. Our traditional Chinese Kung Fu Forms are the tools each student uses to master the concepts of life and spirituality. The Classical Chinese weapons are musical instruments that extend the mental and physical awareness of each student. Most of all we learn the joy of hard work and that life is fun for those who master it.

We hope you will enroll for whatever your personal ambitions are and graduate with the completion of your original objectives and many more goals that you were not even aware of.



Shaolin Communications
P.O. Box 54587
Salt Lake City, UT 84158



Shaolin Chi Mantis

Tranquility = Balanced Body

Peace = Balanced Mind

Spirituality = Balanced Life

The Ultimate Self Defense is Self Awareness™

道

Master Zhen Shen-Lang established the various Shaolin enterprises in 1984, in Los Angeles, California. Over the next ten years Shaolin Chi Mantis was refined by constant teaching and research into its current evolution. Still using Chinese sashes, the Shaolin curriculums were organized into a ranking system, similar to the Japanese martial arts. With an ever present awareness of the Shaolin Monastery concepts, Shaolin Chi Mantis is probably more like its Buddhist origins than any other Kung Fu system outside of the northern Chinese temple.

明

Chi is the energy flow throughout the body. Chi is the external magnetic field of all living things. Chi is the magnetic forces of the earth and its various types of matter.

Chi is the solar radiation of planets and our sun. Qigong or Chi Kung is the study and development of each student's awareness and well-being. Utilizing the external forces and developing internal energies, the Shaolin Chi Mantis student becomes a dynamic living force with powers and abilities beyond normal comprehension. Combining ancient wisdoms with modern science, Qigong is the mastering of all life forces.

少林氣

Kung Fu Styles Taught
at
Shaolin Chi Mantis™

*Tai Chi Yang Style
Qigong & Chi Kung
Shaolin Kung Fu
7 - Star Praying Mantis
Tai Chi Mantis*

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- stretching
- meditation
- self - defense
- traditional Chinese weapons

Each of the levels include a student manual and certificate.

Beginner Level:	White sash + 3 stripes
Intermediate Level:	Blue sash + 3 stripes
Advanced Level:	Green sash + 3 stripes Brown sash
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SHAOLIN CHI MANTIS™

少林氣



螳螂

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1994



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Actually this is a very old product. This herbal liniment has been passed from generation to generation of Shaolin Monks and disciples for hundreds of years. Dr. Kam Yuen gave this secret formula to Sifu Richard O'Connor. Renowned as the "Ultimate Iron Palm Liniment," this recipe has proven itself to dissipate bruises, strengthen knees, and help heal muscle injuries. Some people especially appreciate the saffron scent. This recipe is for EXTERNAL USE and contains a tincture of ingredients ranging from tree sap to minerals, barks and cicada. Ingredients imported from China.

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NEW RELEASE By RICHARD COYOTE

UTAH - Phase III

Coyote's haunting vocals propel this album with images and scenes from his life in Utah. Some lyrics have caused a stir among the local Mormons. His flute playing is exceptional and displayed in a variety of styles ranging from Jethro Tull to his own unique manner of double-tracking and doubling. This album is his first album to ever not include drums. Tambourine and maracas add to a few songs with his acoustic guitar supplying plenty of rhythm. These 8 songs were recorded in his home studio.

- | | |
|--------------------|----------------------------|
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| Can't Hold Me Down | Land of Mediocrity |
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COYOTE IN A GRAVEYARD

(Original Soundtrack)

A romantic, but very weird album about romance in a mental hospital. This soundtrack was recorded by the musicians performing the original stage opera in Los Angeles during the mid-eighties. The movie was never completed. Darin Prindle pulled together the movie music into this unusual rock-opera featuring Richard Coyote performing a variety of personalities from the story.

Richard Coyote: Vocals, acoustic and electric guitars, bass

Bruce Candelaria: Drums and vocals

Scott Hitchings: Synthesizers and piano

Lori Aguilar: Vocals

Tim Butler: Vocals

#SFR-002 (CASSETTE ONLY) \$8 per tape
plus \$2 S&H

TEMPTATION

Coyote's first album released on the Shaolin label. This 4-song EP was reviewed as being similar to Al Stewart. Also includes a live performance of his popular song "Carol."

Richard Coyote: Vocals, bass and guitars

John Merritt: Drums

Richard Augustine: Drums

Pat Flannery: Guitar and vocals

Mike Thompson: Keyboards

Jack Sherman: Electric guitar

Rita Wolf: Vocals

#SFR-001 Cassette \$8 plus \$2 S&H
Vinyl Album \$6 plus \$2 S&H

BOOKS AVAILABLE

Tai Chi Beginner

by Sifu Richard O'Connor

The actual first semester notebook and training manual used and discussed in classes of Sifu O'Connor. Does not include photos or diagrams of the Tai Chi Chuan Yang Style Short Form. Includes discussion materials that range from topics such as "Meditation" to "Judgement." Developed during the Sifu's work with youth prison inmates and rehab centers, this is a book for all ages and levels of martial arts abilities.

#SCM-001 NOTEBOOK 60 pages \$10 per book
plus \$2 S&H

Tai Chi Intermediate

by Sifu Richard O'Connor

This book is a self-help or self-discovery program for those students who passed the first semester Tai Chi classes of Sifu Richard O'Connor. Includes questionnaires and the paperwork required to teach your own Beginner Tai Chi classes. This is not a certificate or license to teach! This book was designed to be used by developing students who help ASSIST the instructor after two years of consistent instruction.

#SCM-002 NOTEBOOK 72 pages \$10 per book
plus \$2 S&H

Shaolin Kung Fu Beginner

by Sifu Richard O'Connor

The second semester of the Shaolin Chi Mantis™ curriculum begins with the student's Northern Shaolin Kung Fu training. The original 12 Shaolin Combinations "Tan Tui" are taught over 12 consecutive months. Each month also includes these handouts and discussion materials. The questionnaires deal more with physical development and health issues. Each of the 12 Shaolin Combinations is detailed move-by-move by Sifu O'Connor's own style of Kung Fu writing.

#SCM-005 NOTEBOOK 97 pages \$10 per book
plus \$2 S&H

Special Combined Price: Purchase any 3 Shaolin Chi Mantis™ instruction manuals for \$25 plus \$5 S&H.

SHAOLIN ZEN

Volume Two Number 2

Fall 1997

BO JIE-MING IS MIDWEST GRAND CHAMPION

Continuing his winning streak of first place trophies in both Weapons and Forms divisions, Bo Jie-Ming wins first place in the Excel League Grand Championship Invitational Tournament July 19, 1997 in Salt Lake City, Utah.

see p. 6 Tournament News for more info and upcoming events.

2nd SHAOLIN CHI MANTIS INITIATION HELD

June 25, 1997, Salt Lake City, Utah. Surrounded by pines, 30 foot trees, and a pond to the south, the second Shaolin Chi Mantis Initiation officially accepted brothers Matt and Pete Caputo to the Shaolin Chi Mantis membership. They worked long and hard to earn this traditional ceremony, only available to those who successfully pass the Shaolin Chi Mantis Initiation Test. Now they are brother to all other Shaolin Chi Mantis students, now considered to be the elite force of Tai Chi Youth.

TAI CHI YOUTH SCHEDULES FIRST CHINESE MARTIAL ARTS TOURNAMENT

This first Tai Chi Youth Annual Tournament will also be the first Chinese Martial Arts Tournament in Utah's history.

see p. 6

TAI CHI YOUTH & SHAOLIN CHI MANTIS JOIN THE AMATEUR ATHLETIC UNION

The AAU is the organization that sponsors and develops our U.S. athletes for Olympic events. The AAU has been developing a Chinese Martial Arts division for several years and we are proud to be a part of it. Membership also provides insurance and other benefits.

TAI CHI YOUTH DEMO TEAM FUNDRAISER IN MOTION

Our goal of \$89,000 will equip our Tai Chi Youth Demo Team with musical instruments, traditional Chinese costumes, and support our touring costs until June 1998. For more information contact Richard O'Connor at (801) 595-1123.

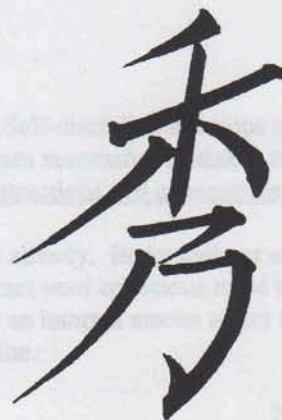
Publisher Richard O'Connor
Editor Michelle McCarty
Typesetting Kira and Celise

© 1997 Shaolin Communications
All Rights Reserved

DISCLAIMER: *We are not as mortal as we appear.*

TAI CHI LUNCHEBREAK™ OFFERED AT BRYANT JR. HIGH

This 1/2 hour Tai Chi class was created by Master Zhen for working persons who want to get more from their lunchbreak yet lack the time to change clothes or clean up after a workout. A 30-minute collection of songs were recorded by Master Zhen and used as a background to keep the Qigong and Taiji exercises paced for proper breathing and eliminate pauses in the class which could cause it to go over its 30-minute schedule. We look forward to offering this program in many more locations.



Graceful

SHAOLIN ZEN

Volume Two Number 1

Spring 1997

BO JIE-MING WINS FROM COAST TO COLORADO

Dressed in orange Monk Robes and the traditional knee-high socks, Brother Bo continues to astound and impress us.

see p. 6 Tournament News for more info and upcoming events.

CHINESE COMMUNITY AWARDS MASTER ZHEN

February 15, 1997, Salt Lake City. The President of the Utah Chinese Society, Hubert C. Chang presented Master Zhen Shen-Lang with a plaque written entirely in Chinese. Master Zhen and his Shaolin Chi Mantis students have always been available to represent or entertain the Utah Chinese communities. The plaque was awarded to Master Zhen as he stepped off of the stage with his disciple, Bo Jie-Ming. The plaque reads: *"Uncommon Hand and Body."*

Bo Jie-Ming performed a powerful "Small Circular Fist" and "Bagua Dao" Broadsword Form. Master Zhen performed the Taiji Praying Mantis "Peng Bu" Form. The highlight of this Chinese New Year performance was Master Zhen chopping the end off of Bo's staff with his chrome and maple monk spade.

TAI CHI YOUTH'S FIRST FUND RAISER IS A SUCCESS

Richard O'Connor's friends and family donated all the funds required to edit and master the just completed American Zen album.

see p. 4

TAI CHI YOUTH COMMITTEES MEET MAY 21

During 1997, all committees will meet once a month and will be grouped together in groups of four. People have been volunteering recently for some of our committees, usually of the same subject, e.g. Multimedia, Performance, and Visual Arts, so we've grouped them together to meet together.

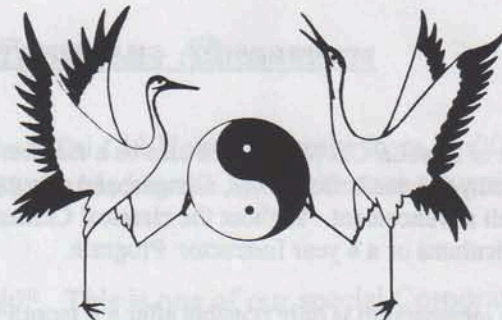
see p. 7

Utah School Holidays:

June 6 - June 15

Upcoming Events:

- | | |
|---------------------------------|-----------------|
| 5-10-97 Asian Festival | Salt Palace II |
| 6-21-97 8th Wedding Anniversary | Zhen & Michelle |



Publisher	Richard O'Connor
Editor	Michelle McCarty
Typesetting	Kira and Celise

New Tai Chi Youth logo
created by: Master Zhen
artist: Rob L. Lund



*Do your
kids need
something
to do?*

Enroll them

In Tai Chi Kids™

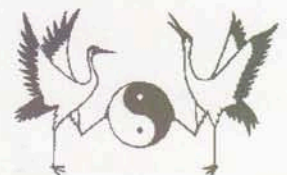
**Mondays
& Wednesdays
3:30 - 4:30 pm**

Foothill Performing
Arts Center
10027 Commerce
Tujunga, CA 91042

**Master Zhen
(818) 353-0038**



www.taichiKIDS.com



Y Tai Chi

Tai Chi Kids Ages 6-10

Starts January 10

Free with Family Membership



Traditional Chinese Tai Chi training for children is a curriculum geared towards children with a Yoga stretch to start the class, punching and kicking exercises for aerobics and balance. Classes will be faster paced than the adult classes with special "Kung Fu Games" created by Master Zhen.

Tuesday
3:30 to 4:30
Verdugo Hills



Master Zhen has been teaching programs for youth, elementary schools, and continuing education programs since 1992. Master Zhen founded Shaolin Chi Mantis Traditional Buddhist Gongfu in 1984 after years of training in Northern Shaolin Kung Fu, Yang Style Tai Chi, Wang Style Tai Chi, and Tai Chi Praying Mantis Kung Fu. Master Zhen has taught in youth rehabilitation centers, elementary schools, and donated many hours to the Big Brother and Big Sister organizations.

Verdugo Hills Family YMCA
6840 Foothill Blvd. Tujunga, 91042
www.ymcacc.org

INTERNAL REVENUE SERVICE
DISTRICT DIRECTOR
P. O. BOX 2508
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: AUG 30 1996

TAI CHI YOUTH, INC.
860 EAST 500 SOUTH SUITE 15
SALT LAKE CITY, UT 84102-2942

Employer Identification Number:
87-0554261
DLN:
316205006
Contact Person:
D. A. DOWNING
Contact Telephone Number:
(513) 684-3957
Accounting Period Ending:
December 31
Foundation Status Classification:
170(b)(1)(A)(vi)
Advance Ruling Period Begins:
March 1, 1996
Advance Ruling Period Ends:
December 31, 2000
Addendum Applies:
No

Dear Applicant:

Based on information you supplied, and assuming your operations will be as stated in your application for recognition of exemption, we have determined you are exempt from federal income tax under section 501(a) of the Internal Revenue Code as an organization described in section 501(c)(3).

Because you are a newly created organization, we are not now making a final determination of your foundation status under section 509(a) of the Code. However, we have determined that you can reasonably expect to be a publicly supported organization described in sections 509(a)(1) and 170(b)(1)(A)(vi).

Accordingly, during an advance ruling period you will be treated as a publicly supported organization, and not as a private foundation. This advance ruling period begins and ends on the dates shown above.

Within 90 days after the end of your advance ruling period, you must send us the information needed to determine whether you have met the requirements of the applicable support test during the advance ruling period. If you establish that you have been a publicly supported organization, we will classify you as a section 509(a)(1) or 509(a)(2) organization as long as you continue to meet the requirements of the applicable support test. If you do not meet the public support requirements during the advance ruling period, we will classify you as a private foundation for future periods. Also, if we classify you as a private foundation, we will treat you as a private foundation from your beginning date for purposes of section 507(d) and 4940.

Grantors and contributors may rely on our determination that you are not a private foundation until 90 days after the end of your advance ruling period. If you send us the required information within the 90 days, grantors and contributors may continue to rely on the advance determination until we make a final determination of your foundation status.

Letter 1045 (DO/CG)

INTERNAL REVENUE SERVICE
P. O. BOX 2508
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date **MAR 29 2001**

TAI CHI YOUTH INC
PO BOX 602
TUJUNGA, CA 91043

Employer Identification Number:
87-0554261
DLN:
17053069734041
Contact Person:
RICHARD K DOLFI ID# 31363
Contact Telephone Number:
(877) 829-5500
Our Letter Dated:
August, 1996
Addendum Applies:
No

Dear Applicant:

This modifies our letter of the above date in which we stated that you would be treated as an organization that is not a private foundation until the expiration of your advance ruling period.

Your exempt status under section 501(a) of the Internal Revenue Code as an organization described in section 501(c)(3) is still in effect. Based on the information you submitted, we have determined that you are not a private foundation within the meaning of section 509(a) of the Code because you are an organization of the type described in section 509(a)(1) and 170(b)(1)(A)(vi).

Grantors and contributors may rely on this determination unless the Internal Revenue Service publishes notice to the contrary. However, if you lose your section 509(a)(1) status, a grantor or contributor may not rely on this determination if he or she was in part responsible for, or was aware of, the act or failure to act, or the substantial or material change on the part of the organization that resulted in your loss of such status, or if he or she acquired knowledge that the Internal Revenue Service had given notice that you would no longer be classified as a section 509(a)(1) organization.

You are required to make your annual information return, Form 990 or Form 990-EZ, available for public inspection for three years after the later of the due date of the return or the date the return is filed. You are also required to make available for public inspection your exemption application, any supporting documents, and your exemption letter. Copies of these documents are also required to be provided to any individual upon written or in person request without charge other than reasonable fees for copying and postage. You may fulfill this requirement by placing these documents on the Internet. Penalties may be imposed for failure to comply with these requirements. Additional information is available in Publication 557, Tax-Exempt Status for Your Organization, or you may call our toll free number shown above.

If we have indicated in the heading of this letter that an addendum applies, the addendum enclosed is an integral part of this letter.

Letter 1050 (DO/CG)

TAI CHI YOUTH INC

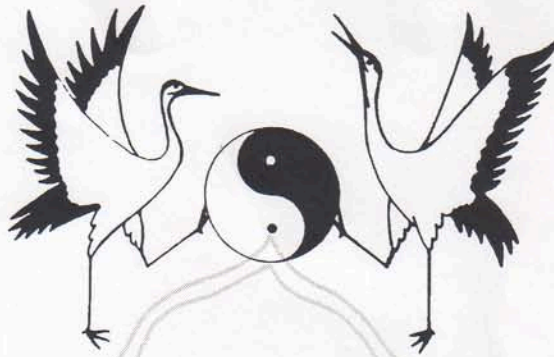
Because this letter could help resolve any questions about your private foundation status, please keep it in your permanent records.

If you have any questions, please contact the person whose name and telephone number are shown above.

Sincerely yours,

Steven T. Miller

Steven T. Miller
Director, Exempt Organizations



Tai Chi Youth

What is Tai Chi Youth?

Utilizing traditional Tai Chi training, students learn physical balance and exceptional coordination. The skills of Tai Chi are based upon proper breathing, proper eating, proper actions and calm disposition.

Each class includes Yoga, Qigong breath exercises and whole body development exercises.



Unlike Karate, students do not punch, kick or spar with each other. Students learn self defense skills through the movements of the Tai Chi form, a slow-motion dance that focuses on a relaxed body and tranquil mind.



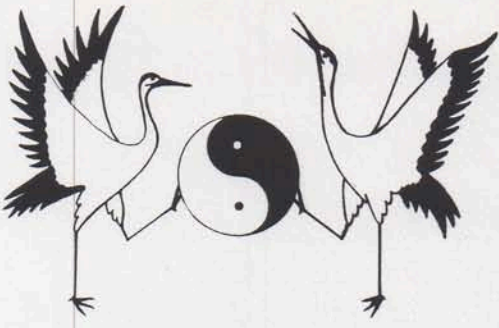
Our annual Push Hands Tournaments provide a safe, competitive sport when students win by balance and Tai Chi skills.



Donate online: www.taichiYOUTH.org

Thank you for your support!

Tai Chi Youth is a 501(c)(3) charitable organization. Your donations support the futures of your neighborhood youth.



Tai Chi Youth

Founder

Master Zhen Shen-Lang

Executive Director

Richard O'Connor

Board of Trustees

Richard O'Connor
President/Treasurer

Gary Vardon
Vice President

Michelle McCarty
Secretary

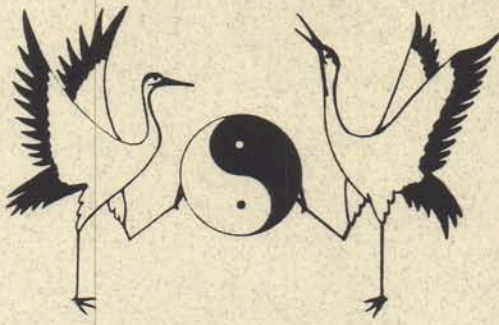
Master Zhen Shen-Lang
Patriarch

Bo Jie-Ming
Disciple of Patriarch

Tai Chi Youth

P.O. Box 58547
Salt Lake City, UT 84158
(801) 595-1123 phone
(801) 237-1099 fax
email: taichiyouth@worldnet.att.net

Leading today's youth into tomorrow.



Tai Chi Youth

Founder

Master Zhen Shen-Lang

Executive Director

Richard O'Connor

Board of Trustees

Richard O'Connor
President/Treasurer

Gary Vardon
Vice President

Michelle McCarty
Secretary

Master Zhen Shen-Lang
Patriarch

Bo Jie-Ming
Disciple of Patriarch

Tai Chi Youth

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Salt Lake City, UT 84158
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email: taichiyouth@worldnet.att.net

THE MONKEY KING

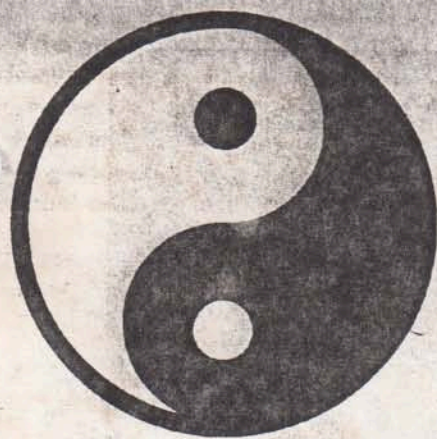
For all those who fell in love with the Irish dance extravaganza RIVERDANCE or LORD OF THE DANCE, Richard O'Connor's extraordinary musical version of the ancient Chinese Immortal Monkey King is refreshing and inspiring entertainment.

This powerful Chinese story is told through martial arts dancing, poetry, and music of both traditional Chinese and modern instruments.

In THE MONKEY KING, O'Connor creates an epic tale of Immortality, Spirituality, and Life. Innovative sets, "cloud soaring" over the audience, and the best blend of Chinese and Rock'n'roll to ever play on a stage make THE MONKEY KING a must see for everyone.

The Tai Chi Youth Dance Team have pioneered farther into combining Kung Fu and dancing, especially for a modern audience and today's MTV generation of youths. Using the script and music of Richard O'Connor, this amazing production is a solid foundation for the other sequels to follow it. "THE MONKEY KING is only the first in a series of stories that are from the Chinese classical story, Journey To The West. It's a great story that symbolizes life in unique ways."

Leading today's youth into tomorrow.



QI ON THE MOVE

What's circulating?

LECTURES

Lectures are held from 1 to 4 p.m. at the Palo Alto Senior Center, 450 Bryant Street, Palo Alto, California. For information, contact the Qigong Institute, East West Academy of Healing Arts, (415) 788-2227 or Dr. Ken Sancier, (415) 323-1221.

- January 23: Paul Li, C.A. & M.D. (China), "Wild Goose Qigong, Theory and Demonstration"
- February 23: Benjamin Tong, M.D., "Taoist Approach to Health in the Modern World"
- March 28: Ron Lew, "Tibetan Qigong Exercises & Breath Work"

FORUM

In recognition of the need for scientific validation of Qigong, especially in the sparse climate of such studies in the United States, the Qigong Institute, East West Academy of Healing Arts, organized the Qigong Science Forum. The Forum provides an opportunity for discussions, planning and experimental work among scientists from diverse backgrounds, including physicists, chemists, biochemists, engineers, psychologists, and Qigong masters. Monthly meetings, which have been held since November 1991, are held in Menlo Park. If you wish to participate, please contact Dr. Ken Sancier at the Qigong Institute (415-323-1221).

The Qigong Science Forum intends to publish a collection of scientific studies on Qigong to increase awareness in the United States of the health and medical benefits of Qigong. Please share information that you may have on this subject with Dr. Ken Sancier.

CLASSES

San Francisco: Dr. Effie Chow, President of the East West Academy of Healing Arts, acupuncturist, R.N., and Ph.D., offers classes in Chinese Qigong, energy body-mind exercises for self-healing, stress management, and peak performance. Short seminars and 100-hour training programs are available in the Chow Integrated Healing System. Free introductory seminars are available for people with multiple sclerosis or other disabilities. For more information, call (415) 788-2227.

Palo Alto: Dr. Ying Qiu Wang, M.D. (China), an acupuncturist who is trained in Chinese and Western medicine, gives two levels of Qigong classes which are sponsored jointly by the Qigong Institute and the Community Services Department of the City of Palo Alto. Classes are held on Wednesday evenings. For information, please call (415) 329-2261.

Vancouver, B.C., Canada: Dr. Chow leads a series of introductory Qigong seminars and 100-hour training programs in the Chow Integrated Healing System. For information, contact Pat at (604) 224-1825.

Salt Lake City: Sifu Richard O'Connor, President of Shaolin Communications, conducts classes in Yang Style Tai Chi. The program is offered in three levels. Graduates of the Tai Chi Beginner Program are considered for Northern Shaolin Kung Fu classes. Sifu O'Connor also teaches at Decker Lake maximum Security Youth Prison and rehabilitation centers where he focuses on balancing "Troubled youths" with Qigong training. For further information, contact Sifu O'Connor (801) 595-1123.

CONFERENCES

NIH-Sponsored Workshop on Unconventional Medical Practices. With remarkable vision, Congress mandated that the National Institutes of Health examine the merits of unconventional medical practices. In response, the NIH held an ad hoc meeting of fostering research into the evaluation and validation of alternative health care practice, including Qigong. In about 4 or 5 months, the NIH will issue a report based on the recommendations of the 100 participants, among them Dr. Effie Chow and Dr. Ken Sancier of the Qigong Institute. Grants for research will probably be forthcoming early in 1993.

The Third International Conference on Qigong was held in April 1992 in Kyoto, Japan. Dr. Ken Sancier attended. Proceedings of the conference in Japanese or Chinese are available from the Qigong Institute.

The International Symposium on Medical Qigong was held in Shanghai in September, 1992.

The Fourth National Qigong Science Research Symposium was held October 8 to 11, 1992 in Jinan City, Shandong Province, China.

The Second International Medical Qigong Conference of Qigong is in the planning stages for the Fall 1993 or Spring 1994. If you would like to participate in organization or sponsorship, please contact the East West Academy of Healing Arts.

SOUTHERN PRAYING MANTIS

SIFU HENRY POO YEE
Spring & Summer 1993
Seminar & Workshops

Jan. 30 & 31, 1993: Miami, Florida. For information, please call Andrew Chung (305) 981-5644.

Feb. 20 & 21, 1993: Los Angeles, California. For information, call Manuel Rodriguez (805) 648-3230.

Feb. 27 & 28, 1993: San Francisco, California. For information, call Roger D. Hagood (415) 992-1007.

March 6 & 7, 1993: Honolulu, Hawaii. For information, call Wayne Lee (808) 538-7457.

April 3 & 4, 1993: Lancaster, Pennsylvania. For information, call Bruce Campbell (717) 392-8301.

April 24 & 25, 1993: Chicago, Illinois. For information, call Wilbur Rimes (312) 752-1462.

JOURNAL

The Society for Mind-Body Science in Japan published the first issue of the annual journal of Mind-Body Science, Vol. 1, No. 1, April 1992. Eight of the 18 articles pertain to Qigong research, and half of these are experimental research studies, such as EEG and AMI, that demonstrate the effects of qi. The English edition will probably be published in 1993.

This section provides information about qigong-related events. We welcome your contribution for inclusion in future issues. Please send your information on Qigong events and organizations to: News & Notices, Qigong Institute, East West Academy of Healing Arts, 450 Sutter St. #916, San Francisco, California 94108.

**Center for Mind-Body Medicine:
Questions & Answers.** Shawn Mc-
Quilkin, M.D. 1pm. 2180 E. 4500 S.,
#245, Medical Village. 277-9977.

\$15 massages. Students of Myotherapy
Inst. of Utah. 9am-12p. 3350 S. 2300 E.
484-7624.

SL Macrobiotic Friends Potlucks. Bi-
weekly. Newcomers welcome. Bring a
dish to share or \$5. Call for locations.
Sylvia Gray, 521-7936.

Children's Story Hour. First Sat. of
month. Noon-1p. Parental accompani-
ment required. Free. Gypsy Moon Em-
porium, 861 E. 900 S. Upstairs. 521-
9100.

Tai Chi Class. Shaolin Chi Mantis
Studio. Combines techniques of Shaolin
Kung Fu & Qigong. 3-4:30p. Instructor,
Sifu Richard O'Connor. 595-1123.

DECEMBER

PRIVATE EYE CLASSIFIEDS

FREE & PAID PRIVATE EYE CLASSIFIEDS

68 W. 400 SO. SLC, UT, 84101

- **TO PLACE:** Place your ad by phone, mail, or in person at our office.
- **PAYMENT:** Advance payment is required by check, cash, money order, VISA or MasterCard.
- **HOURS:** M-F, 8:30-5 pm.
- **LINE ADS AND EYE CATCHER DEADLINE:** Friday, Noon.
- **AFTER HOURS:** Put your ad and ad payment through our mail slot on the front door. All mail-in or drop-off ads must include your name, street address and phone number. No ads will be accepted without this information.
- **RATES:** Business Line Classified: (including paid services or functions, rentals, and ongoing, profit-making enterprises) \$7.00/week for up to 30 words. .20¢ per word after 30 words. Roommate ads, \$5/week, up to 30 words, .20¢ per word thereafter. Acceptable 900 or 976 # ads: \$10/week for up to 30 words. .50¢ per word thereafter.
- **LINE CLASSIFIED DISCOUNTS:** Multiple week discounts available, based on consecutive week runs.
- **BACKSTOP RATES:** Ads on the highly visible Backstop page are sold per line and vary in price per type size ordered. Call for a price quote and more information. Discounts available for long-term advertisers. Backstop deadline: Friday, 5pm.

➤ **EYE CATCHER**
➤ **WE RE**
by your n
Private E
credibility
➤ **REFU**
credit wil
➤ **FREE**
organiza
per week
more the
Free cla
Ads rece
Eye Wee
non-prof
68 West
5 pm, Fr
Please.

Utah's professional singles
introductory service. 495 E
4500 S. Suite 250. 268-4939

265-0852. LMT #
0061031010

person interviewed face-
to-face with "Compatibility
Profile Form." \$200-\$400
per room. \$35 fee. Guar-

hours/day. Diet—nutrition—
ML. JL Lisonbee
363-5310.

ELECTRICAL

JEFF BROWN ELECTRICAL. Commercial, industrial and residential. Master electrician, licensed and insured. 580-0777

EXTERMINATOR

PEST CONTROL PROGRAMS. Specializing in program that's right for you! 20+ yrs. experience. Specialties: ants, spiders, box elder bugs, roaches, earwigs, mice, rats, etc. We'll beat competitors' prices. Service guaranteed. **SUDDEN IMPACT. 265-BUGS**

LANDSCAPE

LANDSCAPE ENHANCEMENT. Upgrading your yard with colorful plant material, exterior lights and auto sprinklers. Ask for Mike or Ed. Call 568-2568.

LESSONS

LESSONS Do you have something to say? Having trouble saying it? Qualified speech teacher can help you present speeches, workshops, seminars and panels. Phone Glen Camomile, 322-2908.

SINGLES: FOR IMMEDIATE RESULTS DIAL 1-900-454-6707 18+, \$1.99/min.

ACUPUNCTURIST Licensed, Wendelyn Brewton. 30 centuries old, acupuncture is good for colds, stop smoking, sports injuries, headaches, pain control, yet without harmful side effects. Other treatments include acupressure, heat and herbal therapies. Licensed Acupuncturist # 3642010. 989 E. 900 S. 359-6538.

BACK TO NATURE Organic gardening supplies featuring organic fertilizers, natural pest control, natural household cleaners, handmade crafts, including safer, natural guard, zooodoo, maxicrops and beneficial insects. 486-4626.

BODYWORK David Keffer, certified Roller. A hands on approach to educate human bodies to function more easily and energetically, in alignment with gravity. Try Rolling to reduce chronic pain and stress, and to allow you to move with grace and fluidity. Call for a free consultation or to schedule an appointment. 484-6569.

DANIEL STERNBERG, PH.D. PHYSH. Sensitive use of rapid release methods to free you from unconscious beliefs and unwanted emotional patterns to allow you more effective control in your life. Individuals, couples, families, groups and businesses. 667 E. 100 S., Ste. 1.364-2779.



HATHA YOGA in the Iyengar Tradition. Charlotte Bell. Iyengar yoga is a system of exercise designed to reawaken the body's natural intelligence and healing abilities. Through an awareness of body alignment and by combining active and passive poses, the postures create a sense of equilibrium in the body and mind. Private and group instruction. 355-2617.

INTEGRAL YOGA & MEDITATION. Weekly classes and workshops. Stress reduction, healthy body, clear mind, open heart, higher awareness. Gentle practices. John Nuslein, certified teacher, SLC, 485-8525

IT'S TIME OUT, with Mary Nicke. Take time out to feel great! Classes and private sessions are available. Meditation • Aura balancing • Clairvoyant training. 486-2969.

THE LIVING ENERGY CENTER Salt Lake's Urban Retreat. Massage,

Rolling, Yoga, Tai Chi, Continuing Ed. for bodyworkers, and more. 14 therapists, beautiful setting, convenient location, \$30 intro. special. Gift certificates. Call 532-1747 for appointment.

THE ULTIMATE IN STRESS relief. Also offering: Body Fitness Profile Analysis, a guide for lifestyle and nutritional considerations. Majestic Shadows Massage, 4010 S. Highland Dr. Gift certificates available. LMT# 0042841010. 272-2033.

PERSONAL EMPOWERMENT Salt Lake's Hottest Alternative Classes! Self-healing, firewalking, dreams, personal & professional development, psychic energy, past lives, hypno sex & much more. Call for **FREE CATALOG.** Hypnotism International, Inc. 467-7404.

SUMMER TAI CHI CLASSES outdoors in Liberty Park. Saturdays 4pm and Wednesdays 7pm. Sifu Richard O' Connor or Shaolin Chi Mantis. Learn entire Yang-Style Tai Chi Form and Cigong. May-August, \$100. 595-1123.

Utah Wheat Grass Great detoxifying agent and natural healer. Grow-it-yourself supplies or get it at 3653 S. 2300 E. Juicars, delivery available. 273-0644.



Shaolin Chi Mantis

"The Ultimate Self-Defense is Self-Awareness."™

To all parents and students of Turnabout:

Tai Chi is a Chinese martial art based upon balancing the mind and body. Through breathing and stretching and coordinated movements, a healthy balanced lifestyle is developed.

The Shaolin Chi Mantis TAI CHI PROGRAM™ is offered on a semester basis. Enrollment can only take place at the beginning of the semester or the student must wait until the next semester. Each program is four months long, and the next semester begins May 4, 1993. Due to the size of the room, enrollment will be limited to twelve students. With some students continuing from last semester, only the first ones who enroll can be admitted.

The fee for the entire semester is \$100-- if prepaid before the first class. Or for \$35-- per month, the monthly tuition must be paid by the first class each month or a \$10-- late fee is added.

No special uniforms, clothing, or accessories are required. Just sweat pants or loose clothes for working out. Tennis shoes are preferred. There is no sparring or fighting in the classes at all. Therefore no injuries or competition exists.

Classes consist of stretching, exercises, breathing techniques, meditation, Tai Chi movements and of course the Tai Chi Form which was invented hundreds of years ago. Handouts and reading materials are discussed in class to develop the mind and character as the body and health are improved. Communication skills are also enhanced.

This TAI CHI PROGRAM develops both self-esteem and self-awareness. This is an opportunity to learn how to learn and be who you want to be. Health can only exist in a balanced mind and body.

Make checks payable to Shaolin Chi Mantis.

For more information contact Sifu Richard O'Connor @ (801) 595-7123.

Classes are tuesdays and thursdays 5:30 to 7:00 p.m. at Turnabout.

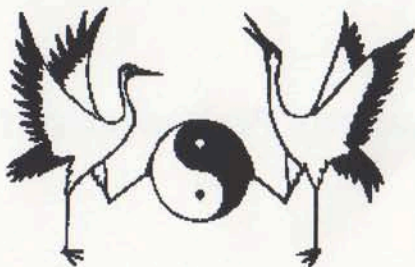
**Shaolin Chi Mantis
Traditional Buddhist Gongfu**



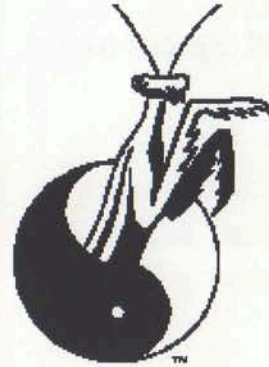
www.shaolinchiMANTIS.com



Tai Chi Youth
A nonprofit education
organization

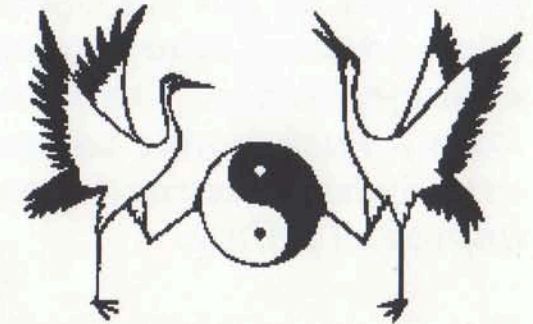


www.taichiYOUTH.org



**Shaolin
Chi
Mantis**

**&
Tai
Chi
Youth**



**8th Annual
Summer Push Hands
Tournament**

**Saturday July 30, 2005
Crescenta Valley Park**

www.buddhakungfu.org



SPRING CLASS SCHEDULE

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



MONDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
7:00 am - 8:00 am	Cycle/Abs	CR-Carmen
8:30 am - 9:45 am	T.B.W	CR-Lez
10:15 am - 11:15 am	Beginner Fitness	CR-Celia
11:15 am - 12:00 pm	SilverSneakers Yoga Stretch@	CR-Pam
4:30 pm - 5:30 pm	Cycle	CR-Pam
5:30 pm - 6:30 pm	Body Works	CR-Liz
6:30 pm - 7:15 pm	Cycle ⊕	CR-Liz
7:30 pm - 8:45 pm	Yoga	CR-Anahit

TUESDAY

Time	Class	Room
6:30 am - 7:30 am	Cycle	CR-Carmen
7:30 am - 8:00 am	All Abs	CR-Carmen
8:15 am - 9:00 am	Cycle	CR-Jeannette
9:00 am - 10:10 am	Yoga	CR-Diane
9:00 am - 10:00 am	Hi/Low Abs	Gym-Celia
10:15 am - 11:15 am	Silver Sneakers @ msrom	CR-Mary Ann
11:15 am - 12:15 pm	Dance Party	CR-Celia
3:30 pm - 4:30 pm	Kung Fu Kids	CR-Master Zhen
4:30 pm - 5:30 pm	Shaolin Kung Fu	CR-Master Zhen
5:45 pm - 6:45 pm	Yoga	CR-Shau-Mey
7:00 pm - 8:15 pm	Tai Chi	Keck-Master Zhen

WEDNESDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
8:00 am - 9:00 am	Body Works	CR-Liz
8:30 am - 9:45 am	T.B.W	Gym-Lez
9:00 am - 10:00 am	Cycle	CR-Liz
10:15 am - 11:15 am	Beginner Fitness	CR-Pam S.
11:15 am - 12:15 pm	Tap Dance	CR-Pam K.
6:45 am - 7:45 pm	Yoga	Keck-Shau-Mey

THURSDAY

Time	Class	Room
6:30 am - 7:30 am	Cycle	CR-Carmen
7:30 am - 8:00 am	All Abs	CR-Carmen
8:15 am - 9:00 am	Cycle	CR-Jeannette
9:00 am - 10:10 am	Yoga	CR-Moriah
9:00 am - 10:00 am	Hi/Low Abs	Gym-Celia
10:15 am - 11:15 am	SilverSneakersCC@	CR-Pam
11:15 am - 12:15 pm	Dance Party	CR-Celia
5:30 pm - 5:45 pm	All Abs	CR-Liz
5:45 pm - 6:45 pm	Body Works	CR-Liz
6:45 pm - 7:30 pm	Cycle	CR-Liz
7:30 pm - 8:30 pm	Zumba	CR-Linda

FRIDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
8:30 am - 9:45 am	T.B.W	Gym-Lez
9:30 am - 10:30 am	Tai Chi	CR-Master Zhen
10:30 am - 11:30 am	Silver Sneakers @msrom	CR-Mary Ann
5:30 pm - 6:15 pm	Yoga	CR-Emily
6:30 pm - 7:00 pm	Hoop Dance	CR-Leela
7:00 pm - 8:00 pm	Belly Dance	CR-Leela

SATURDAY

Time	Class	Room
8:00 am - 9:00 am	Cycle	CR-Liz/Carmen
9:00 am - 10:00 am	Body Works	CR-Liz/Carmen
11:00 am - 12:00 pm	Yoga	CR-Anahit

SUNDAY

Time	Class	Room
11:00 am - 12:00 pm	Yoga	CR-Shau-Mey
1:30 pm - 2:30 pm	Pranayama ☽	CR-Moriah

LEGEND

⊕ = Time change

☽ = New class

For More Information (818) 352-3255

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Verdugo Hills Family YMCA, 6840 Foothill Blvd., Tujunga, CA 91402

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Tai Chi

Tai Chi

Tuesday 7:00 pm - 8:15 pm

Beginners can join this class. Sections 8-16 of "Yang Style Tai Chi Short Form". Includes kicking Exercises.

Tai Chi

Friday 9:30 am - 10:30 am

Beginners can join this class. "8 Brocade" and "4 Winds of Shaolin" Qigong and sections 1-7 of "Yang Style Tai Chi Short Form".

Kung Fu Kids

Tuesday 3:30 pm - 4:30 pm

Traditional Chinese Tai Chi training for children (ages 8-12) is a curriculum geared towards children with a Yoga stretch to start the class, punching and kicking exercises for aerobics and balance. Classes will be faster paced than the adult classes with special "Kung Fu Games" created by Master Zhen.

Shaolin Kung Fu

Tuesday 4:30 pm - 5:30 pm

This class includes a combination of Kung Fu and Tai Chi. Classes will improve meditation, physical maladies and improve overall quality of life.

Instructor:

Master Zhen Shen-Lang

Monthly Fees

Facility Members	FREE
Youth Members	\$25.00
Program Members	\$50.00



Verdugo Hills Family YMCA
6840 Foothill Blvd.
Tujunga, CA 91042
818.352.3255
www.ymcafoothills.org

Contact Information
Cindy Elgin
Healthy Lifestyles Director
(818) 352-3255 ext. 345



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FALL

CLASS SCHEDULE

YGROUP EXERCISE™

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MONDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
7:00 am - 8:00 am	Cycle/Abs	CR-Carmen
8:30 am - 9:45 am	T.B.W	CR-Lez
10:15 am - 11:15 am	Beginner Fitness	CR-Celia
11:15 am - 12:15 pm	SilverSneakers Yoga Stretch® ☯	CR-Pam
12:15 pm - 1:15 pm	Nia ☯	CR-Nicole
4:30 pm - 5:30 pm	Cycle	CR-Pam
5:30 pm - 6:30 pm	Body Works	CR-Liz
6:30 pm - 7:15 pm	Cycle	CR-Liz
7:30 pm - 8:45 pm	Yoga	CR-Anahit

TUESDAY

Time	Class	Room
6:00 am - 7:00 am	Cycle	CR-Carmen
7:00 am - 7:30 am	All Abs	CR-Carmen
8:15 am - 9:00 am	Cycle	CR-Jeannette
9:00 am - 10:10 am	Yoga	CR-Moriah
9:00 am - 10:00 am	Hi/Low Abs	Gym-Celia
10:15 am - 11:15 am	Silver Sneakers® msrom	CR-Mary Ann
11:15 am - 12:15 pm	Dance Party	CR-Celia
12:30 pm - 1:30 pm	Balance Fit	CR-Bobbi
5:45 pm - 6:45 pm	Yoga	CR-Shau-Mey
7:00 pm - 8:15 pm	Tai Chi	Keck-Master Zhen

WEDNESDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
8:00 am - 9:00 am	Body Works	CR-Liz
8:30 am - 9:45 am	T.B.W	Gym-Lez
9:00 am - 10:00 am	Cycle	CR-Liz
10:15 am - 11:15 am	Beginner/Int. Fitness	CR-Pam S.
11:15 am - 12:15 pm	Tap Dance	CR-Pam K.
6:45 am - 7:45 pm	Yoga	Keck-Shau-Mey

THURSDAY

Time	Class	Room
6:00 am - 7:00 am	Cycle	CR-Carmen
7:00 am - 7:30 am	All Abs	CR-Carmen
8:15 am - 9:00 am	Cycle	CR-Jeannette
9:00 am - 10:10 am	Yoga	CR-Moriah
9:00 am - 10:00 am	Hi/Low Abs	Gym-Celia
10:15 am - 11:15 am	SilverSneakersCC®	CR-Pam
11:15 am - 12:15 pm	Dance Party	CR-Celia
4:30 pm - 5:30 pm	Nia ☯	CR-Nicole
5:30 pm - 5:45 pm	All Abs	CR-Liz
5:45 pm - 6:45 pm	Body Works	CR-Liz
6:45 pm - 7:30 pm	Cycle	CR-Liz
7:30 pm - 8:30 pm	Zumba	CR-Linda

FRIDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
8:30 am - 9:30 am	Balance Fit	CR-Bobbi
8:30 am - 9:45 am	T.B.W	Gym-Lez
9:30 am - 10:30 am	Tai Chi	CR-Master Zhen
10:30 am - 11:30 am	Silver Sneakers® msrom	CR-Mary Ann
12:00 pm - 1:00 pm	Pilates	CR-Ann
5:30 pm - 6:15 pm	Yoga	CR-Emily
6:30 pm - 7:00 pm	Hoop Dance	CR-Leela
7:00 pm - 8:00 pm	Belly Dance	CR-Leela

SATURDAY

Time	Class	Room
8:00 am - 9:00 am	Cycle	CR-Liz/Carmen
9:00 am - 10:00 am	Body Works	CR-Liz/Carmen
10:00 am - 11:00 am	Nia ☯	CR-Nicole
11:00 am - 12:00 pm	Yoga	CR-Anahit

SUNDAY

Time	Class	Room
11:00 am - 12:00 pm	Yoga	CR-Shau-Mey

LEGEND

☯ = Time change ☯ = New class

For More Information (818) 352-3255

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YWCA

I 9 9 3 F A L L S C H E D U L E

The YWCA of the U.S.A. is a membership movement of women from diverse backgrounds and faiths, of different ages and experiences, committed to empowering women and to eliminating racism.

topics pertinent to healthy relationships.

TÁI CHI

This innovative Tái Chi beginner program welcomes all ages. Children under 10 must be accompanied by an adult. There is no sparring or competition. The course combines Yoga stretching, breathing exercises "Qigong" and the Tái Chi short form (Yang Style), into a complete physical, mental, and balanced health program.

The session runs four months long, beginning September 1. A special discount price of \$100 is offered for those prepaying the entire session, or a monthly tuition of

I 9 9 3 F

\$35. An additional book fee of \$10 is paid before the first class which includes a student notebook for materials given to students weekly.

Classes are 1-1/2 to 2 hours on Wednesdays, 7:30 p.m. and Saturdays, 4:00 p.m. For more information contact Sifu Richard O'Connor at 595-1123.

YWCA CLASS REGISTRATION



Pre-registration by mail or in person is required. Space is limited. Classes without minimum enrollment will be cancelled and participants notified.

NAME (ADULT / PARENT) _____
 HOME PHONE _____ WORK PHONE _____
 ADDRESS _____ STATE _____ ZIP _____

Complete the following if registering child(ren):

NAME _____ AGE _____
 CLASS (TITLE / DAY / TIME) _____
 NAME _____ AGE _____
 CLASS (TITLE / DAY / TIME) _____

Participants in programs over age 12 must be member/associates at an annual cost of \$20 or under. Children pay a \$5 annual registrant fee. For member/associate information call the YWCA, 355.2804.

Enclosed is \$ _____ for class fees, \$ _____ registrant fee, \$2.00 parking fee (renewable each January), \$ _____ for member/associate fees.



Total: _____
 The YWCA offers scholarship assistance for most programs and services.

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YWCA

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