Bei Dou Kung Fu 武

Curriculum for Adults *curriculum subject to change without notice

Beginner Five Motion

Shaolin Basics

Shaolin Xiao Hong Quan Basic Staff

Shaolin Jin Gang Quan

Basic Broad Sword

Shaolin 36 Staff

Shaolin Qi Xing Quan

Basic Straight Sword

Basic Spear

Nunchakus

Pu Dao

Shaolin Luo Han Quan

Short Staff

International Competition Long Fist and Straight Sword

International Competition Broad Sword and Staff