

Grandmaster Sin Thé and the Shaolin-Do Association proudly present

# Mulan's Cotton Fist Seminar - 3rd and 4th Roads

Open to all Shaolin-Do students (in good standing with Grandmaster Sin Thé) of any rank!

Sunday, September 9th from 9:00 AM to 4:00 PM  
Lexington Catholic High School  
2250 Clays Mill Road  
Lexington, KY 40503

Grandmaster Sin Thé will teach the last two roads of the **Mien Chien – Cotton Fist** system at his annual fall seminar. The Cotton Fist system was originally developed by the legendary Mulan. As a keen observer of nature, she was taken by the lightness of the cottonwood seeds that would burst open, float through the air and cover the ground, only to be stirred up again by the slightest breeze. She used the element of lightness to develop the four forms which combine practical fighting with the lightness of body training. In this seminar, we will continue the limber and lightness training.

The third road is called **Hammers of the Lightning Steps** and concentrates on fast movements and steps while in extremely low stances all while showering your opponent with hand strikes like meteors raining down on him. The fourth road is called **The Impossible Crazy Legs** and concentrates again on extremely low stances while executing crazy and impossible combinations of leg attacks. The four Cotton Fist forms will be options from 2nd to 3rd degree black belt with the first and second roads counting as one piece of material and the third and fourth roads counting as one piece of material

DVDs must be preordered and will be handed out at the seminar. You must attend the seminar to receive your DVD. Sorry, no exceptions!

**Please fill out the registration form below and mail it to:**

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

## Registration for the 3rd and 4th Road of the Cotton Fist

**\*\* For preregistration, we must receive this form on or before Saturday, September 1st \*\***

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone #: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Rank: \_\_\_\_\_  
Instructor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Circle price and enter at right	Preregistration	At the Door	Total
All Shaolin-Do Students of Any Rank	\$125.00	\$150.00	\$
Lifetime Members *	FREE!		\$
DVD	\$39.95	n/a	\$
<b>TOTAL</b>			\$
Circle: Visa MasterCard Amex	Name on Card:		
Credit Card #:	Signature:		
Exp Date:			

*\*Lifetime memberships must have been purchased directly from Grandmaster Sin Thé to count for free admission.*

*Please make checks payable to the Shaolin-Do Association. Sorry, no refunds!*

*The SDA reserves the right to refuse admittance to anyone for any reason.*

*For the latest news and updates, visit [www.shaolin-do.com](http://www.shaolin-do.com), or follow us on Twitter at [@shaolindoassoc](https://twitter.com/shaolindoassoc)!*