



Zen Flow 24 Calendar



Class 01

Opening Form
Cloud Hands
Part the Horse's Mane

Class 03

White Crane Spreads Wings
Brush knee

Class 04

Strum the Lute
Repulse the Monkey

Class 06

Single Whip
Snake Creeps Through Grass

Class 07

Work the Shuttles
Turn, Deflect, Perry and Punch

Class 08

High Pat on Horse
Needle at Sea Bottom
Fan the Back
Apparent Close

Class 09

Strike to Ears with Both Fists
Cross Hands
Closing Form

Class 02

Golden Rooster Stands on One Leg
Heel Kick

Class 05

Grasping the Sparrow's Tail

MAR 三月

SUN	MON	TUE	WED	THU	FRI	SAT
28 Class 01	01	02 Class 02	03	04	05	06
07 Class 03	08	09 Class 04	10	11	12	13
14 Class 05	15	16 Class 06	17	18	19	20
21 Class 07	22	23 Class 08	24	25	26	27
28 Class 09	29	30 Class 01	31			

APR 四月

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04 Class 02	05	06 Class 03	07	08	09	10
11 Class 04	12	13 Class 05	14	15	16	17
18 Class 06	19	20 Class 07	21	22	23	24
25 Class 08	26	27 Class 09	28	29	30	

MAY 五月

SUN	MON	TUE	WED	THU	FRI	SAT
						01 Sequence 01
	02	03	04	05	06	07 Sequence 02
	09	10	11	12	13	14 Sequence 03
	16	17	18	19	20	21 Final Performance
	23	24	25	26	27	28 29