



## Shaolin-Do

Kung Fu & Tai Chi

Dear Prospective Student,

### **The Journey of 1,000 Miles**

The Chinese philosopher Lao-Tzu said that “A journey of 1,000 miles begins with one step.” This little piece of wisdom is no truer about anything than it is about martial arts training. No matter what your fitness or experience level is (or age, for that matter!), your training starts at ground level. For the first two to three years of your training, I will instill in you the strength, character, and fundamentals that will carry you through the rest of your training, if not the rest of your life. If you already embody some of that, then you’re off to a good start!

You see, strength comes from within. I could make you do 1,000 push-ups, but it wouldn’t make you strong. Instead, my job is to help you discover and develop the warrior within while cultivating a sense of peace and compassion that leads to health, wellness and longevity.

Your interest in pursuing the art of Shaolin Do is taken very seriously. I acknowledge that while you have a great desire to learn, you may not have any martial arts experience. That’s fine...beginners are especially welcome! And if you do have experience...great! I’ll help you build on that foundation so you can develop even more as a martial artist and as a person.

Before you embark, however, you must acknowledge that, from here on out, you will constantly be faced with the greatest obstacle to your learning – fear. Whether and how you face and overcome these fears determine your ability to achieve a personal transformation that enables you to master what you are learning.

### **Your First Step...**

Getting started at Shaolin Do is simple. ❶ First, visit [www.dcshaolin.com](http://www.dcshaolin.com) to sign-up for a free introductory session. ❷ Attend the introductory session to learn some basic postures in both Kung Fu and Tai Chi. ❸ Then participate in a beginner’s class so you can have the group experience. That’s all! ❹ At that point, we’ll help you decide whether this is the right thing for you to pursue.

### **Your Path**

While your path is different than that of anyone else, I do have a strong belief that we have a tremendous amount of knowledge and many lessons to offer you – no matter who you are. We might not be monks, but we can train with a passion for learning and a desire to improve ourselves. And we can certainly live by the Shaolin code of peace, honor and virtue. I look forward to meeting you and guiding you down your own path to mastery...

Sincerely,

Maiky Tran

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