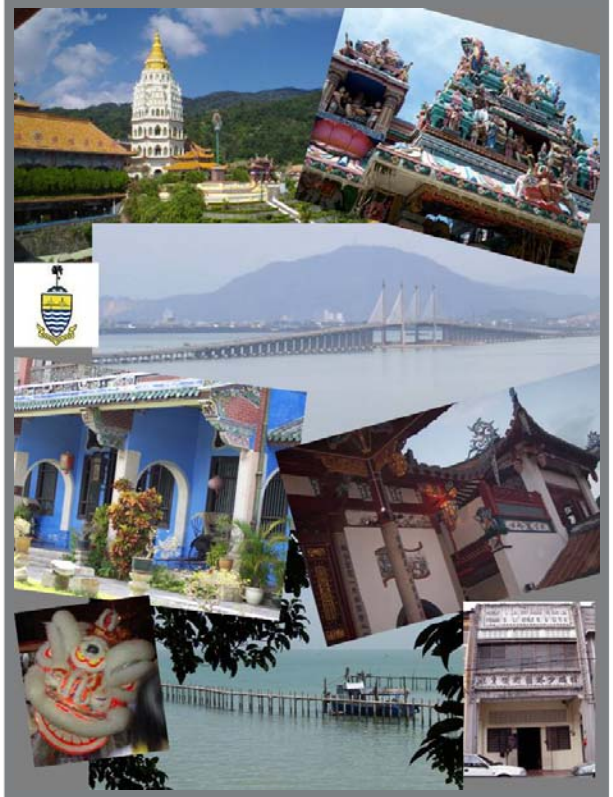
Sao Lim Martial Art Workshop

Lo Han Kun
(Luohan Quan)

Sao Lim Lo Han Kun (or *Shaolin Luohan Quan* in Mandarin) is well-known for its artistic sequence of movements, powerful strength enhancement and practical martial art applications. In addition, the practice of the set (*Kunto* in Hokkien or *Taolu* in Mandarin) will lead to good health, flexibility, agility, vitality as well as increasing mental and spiritual joy.

The intensive workshop will be conducted in English by Master Dato' P'ng Chye Khim, assisted by Yeoh Seng Ghee, Ong Ming Thong, Teoh Kee Wei and Ho Beng Chong, all instructors from Penang Sao Lim Athletic Association. This workshop is mainly destined to people who have had some previous experience in martial arts or sports. Exceptions will be considered on a case by case basis. Please contact the secretariat of the workshop at mykl@kungfupenang.com for further details.

Master P'ng holds the position of chief instructor of Penang Sao Lim Athletic Association for more than 50 years. The association was first founded by the Late Master Sik Ko Sum at Siang Kheng temple (双庆寺), which is located at Perak Road of Penang, Malaysia, in 1955. The association was then relocated to the actual address at Muntri Street in Georgetown, Penang, part of the world heritage locations by UNESCO, during mid-seventies. Being a well-known martial art master of high caliber, Master P'ng is also a Chinese Physician and Acupuncturist by profession. His disciples can be found all over the world. It is because of Master P'ng that this specific branch of Sao Lim system is so well-known in the world.



Penang Sao Lim Athletic Association

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Sao Lim Martial Art Workshop

Conducted by
Master
Dato' P'ng Chye Khim

Assisted by
Yeoh Seng Ghee
Ong Ming Thong
Teoh Kee Wei
Ho Beng Chong

Organized by
KungFuPenang.com

Instructors

Chief Instructor

Master Dato' P'ng Chye Khim

Instructors

Yeoh Seng Ghee

Ong Ming Thong

Teoh Kee Wei

Ho Beng Chong

Contents of Workshop

- Lo Han Kun (set of *Luohan Quan*)
- Basic Exercises
- Chi Kung (*Qi Gong*) Training
- Hardening Exercises
- Applications
- Seminars

Details of Workshop

- Date: 17 July 2010 ~ 30 July 2010 (14 days)
- Venue: Penang Sao Lim Athletic Association, 42, Muntri Street, 11200 Penang, Malaysia.
- Contents: Lo Han Kun (set of *Luohan Quan*), basic exercises, Chi Kung (Qi Gong) training, hardening exercises, applications and seminars on traditional Chinese martial arts topics.
- Fees: USD 2,000.00 (including dormitory in the building of Penang Sao Lim Athletic Association)
- Registration should be made by filling up the Registration Form and send it to:
  - Email: mykl@kungfupenang.com ; *or*
  - Fax: +604-6579893
- Registration will be confirmed once 25% deposit of the total fees (USD 500). The deposit should be paid the latest by 30 May 2010. The amount of the deposit will not be returned in any case.
- The remaining fees should be paid the latest on the first day of the workshop.
- Money transactions may be conducted via either of the following methods:
  - Credit card payment (by paypal);
  - Bank transfer;
  - Cash.
- Details for bank transfer:
  - Name of account: P'ng Chye Khim
  - Account number: 0401623027
  - Name of bank: Citibank Malaysia
  - Address of bank: 42, Jalan Sultan Ahmad Shah, 10050 Penang, Malaysia.
  - SWIFT code: CITIMYKL
  - Malaysia DDA code: 10991151
- If you need assistance to book accommodation during the period of workshop, please contact us for arrangements (the fees of workshop will remain unchanged).

SAO LIM WORKSHOP
In Penang, Malaysia
17 July ~ 30 July 2010
with
Master Dato'
P'NG CHYE KHIM

Master Dato' P'ng Chye Khim holds the position of Chief Instructor of Penang Sao Lim Athletic Association for more than 50 years. He underwent the training of Southern Shao Lin martial art from Patriarch Sik Koh Sum, founder of the association at Siang Kheng Si temple which located at Perak Road of Penang island in year 1955.

Master P'ng was appointed as the Chief Instructor by Great Grand Master Sik Koh Sum for his capacity in the art. Under his able leadership, he has groomed over 50 instructors and has associated organizations in Europe, North America and Australia with more than 5,000 students.

Although well known, Master P'ng likes to keep himself low in profile and being open minded to share his knowledge of Southern Shao Lin martial arts with others. Competent in both theoretical and application of the art, he ensures the students understand well during training and explain the application in each steps of the routine forms. He has been always famous with his iron palm, iron shirt chi kung and open hand techniques just to name a few.

Besides martial arts, Master P'ng is also a Chinese Physician and Acupuncturist by profession. He was honoured with DSPN, AMN, AMP, PJK and PJM by the Penang State Government.