

Tai Chi & Kung Fu  
PRIVATE LESSONS  
by Buddha Zhen  
of *BuddhaKungFu.com*

Zhen, Shen-Lang "Buddha Zhen"  
PO Box 632  
Verdugo City, CA 91046  
818-723-2769  
Buddha@BuddhaKungFu.com

Chinese Shaolin Kung Fu (Northern)  
18 Classical Weapons of Chinese Kung Fu  
Praying Mantis Kung Fu (Northern: Tai Chi Mantis and 7-Star Mantis)  
Tai Chi Chuan (Yang Family)  
Qigong (breathing and yoga exercises)

Learn / Practice / Study with Buddha Zhen (Pronounced, "Jen")

Workouts designed for children, teens, adults and seniors.  
Each workout contains stretching, aerobics, then Kung Fu and/or Tai Chi.  
Design the workout that is best for you.

Private lessons can be held in your home at your convenience  
or several park locations in Los Angeles.

Group prices available.  
Discounts available for pre-purchased lessons.

Call for pricing 818-723-2769

Buddha Zhen is:

1992 Founder of Shaolin Chi Mantis Traditional Buddhist Gongfu  
1996 Founder of Tai Chi Youth nonprofit education organization  
2008 Founder of Buddha Kung Fu schools.

Buddha Zhen is author of:

**Buddha Kung Fu Student Manual**  
**History of Zen from A to Z**  
**Human Values for Success in Family & Business**  
**Shaolin Chi Mantis Initiate Book**  
**Tai Chi Beginner - Class Reading Manual**  
**Tao of Taoism**



**Buddha Kung Fu**

PO Box 632, Verdugo City, CA 91046

[www.BuddhaKungFu.com](http://www.BuddhaKungFu.com)

**(818) 723 - 2769**