



EFFECTIVE 10/22/07

# School of the Mountain Cove Winter Schedule 07-08

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402.339.9345

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30		NOVICE PRIMARY		NOVICE PRIMARY			
10:30		INTERMEDIATE ADVANCED		INTERMEDIATE ADVANCED			
4:30		GREEN DRAGONS		GREEN DRAGONS			
5:15	JUNIOR SHAOLIN NOVICE/PRIMARY	JUNIOR SHAOLIN INTERMEDIATE/ ADVANCED	JUNIOR SHAOLIN NOVICE/PRIMARY	JUNIOR SHAOLIN INTERMEDIATE/ ADVANCED		12 PM SAGES CIRCLE	
6:15	SHAOLIN NOVICE/PRIMARY	SHAOLIN INTERMEDIATE/ ADVANCED	SHAOLIN NOVICE/PRIMARY	SHAOLIN INTERMEDIATE/ ADVANCED	6:30 PM MEDITATION		
7:15	SHAN TAO NOVICE/BASIC	SHAN TAO ADVANCED	SHAN TAO NOVICE/BASIC	SHAN TAO ADVANCED			
8:15	SHAN TAO INTERMEDIATE	SHAN TAO PRIMARY	SHAN TAO INTERMEDIATE	SHAN TAO PRIMARY			
9:15	NEI GONG (MEDITATION)	SENIOR	NEI GONG (MEDITATION)	SENIOR			

Green Dragon = (ages 4-6) Junior Shaolin = (ages 7-11)/ Shaolin = (ages 12-17)/ Shan Tao = (ages 18&UP)

## **GREEN DRAGONS**

### **Ranking Order**

*Novice Level 1-3*  
White Sash  
(approx 6 months)

*Primary Level 1-3*  
Green Sash  
(approx 6 months)

*Intermediate Level 4-6*  
Gold Sash  
(approx 6 months)

*Advanced Level 7-9*  
Blue Sash  
(approx 6 months)

## **JUNIOR SHAOLIN**

### **Ranking Order**

*Novice Level 1-3*  
White Sash  
(approx 6 months)

*Primary Level 1-3*  
Green Sash  
(approx 9 months)

*Intermediate Level 4-6*  
Gold Sash  
(approx 9 months)

*Advanced Level 7-9*  
Blue Sash  
(approx 10 months)

### **Set Requirements**

*Novice Level*  
Shao Jiu Shi Juan

*Primary Level*  
Yi Dao Lu  
Erh Dao Lu  
Yi Juan

*Intermediate*  
San Dao Lu  
Shi Dao Lu  
Wu Dao Lu

*Advanced Level*  
Long Wei Kuan Tzu Lu  
(Dragon Tail Stick Set)  
Lien Wan Chuan  
(Continuous Returning Fist)

## **SHAOLIN**

### **Ranking Order**

*Novice Level 1-3*  
White Sash  
(approx 6 months)

*Primary Level 1-3*  
Green Sash  
(approx 9 months)

*Intermediate Level 4-6*  
Gold Sash  
(approx 9 months)

*Advanced Level 7-9*  
Blue Sash  
(approx 10 months)

### **Set Requirements**

*Novice Level*  
Jiu Shi Juan

*Primary Level*  
Yi Dao Lu  
Erh Dao Lu  
Yi Juan

*Intermediate*  
San Dao Lu  
Shi Dao Lu  
Wu Dao Lu

*Advanced Level*  
Long Wei Kuan Tzu Lu  
(Dragon Tail Stick Set)  
Lien Wan Chuan  
(Continuous Returning Fist)

## **SHAN TAO**

### **Ranking Order**

*Novice Level 1-3*  
White Sash  
(approx 6 months)

*Basic Level 1-3*  
Gold Sash  
(approx 6 months)

*Primary Level 4-6*  
Blue Sash  
(approx 9 months)

*Intermediate Level 7-9*  
Green Sash  
(approx 10 months)

*Advanced Level 10-12*  
Brown Sash  
(approx 12 months)

### **Set Requirements**

*Novice Level*  
Jiu Shi Juan

*Basic Level*  
Di Yi Guan Nien

*Primary Level*  
Lien Huan Wu Xing

*Intermediate*  
Shan Tao Taijijuan

*Advanced Level*  
Shan Tao Baguazhang