

Classical Martial Arts of Long Island Proudly Presents:

# The Eighteen Hands of Bodhidharma of the Esoteric Shaolin Primordial Chan Lineage

## 少林元禅宗菩提达摩十八手功夫



Bodhidharma is the founder of the Shaolin Martial Arts Tradition. He left behind several practices which were the embodiment of his approach to personal development in both the physical and the spiritual dimensions. The practice known as the 18 Hands emulates the Buddhist principles that are manifest in the ascended beings known as Luohan. Through this practice, the body can regain health and vitality and be elevated to a state of optimal function, aiding in the development of spiritual solace and clarity of mind which is the cornerstone of higher spiritual attainment. The Yuan Chan Lineage preserves the original teachings of Bodhidharma that combine the physical and esoteric aspects of Shaolin Gongfu.

***Don't miss this rare opportunity to study one of the most ancient of Kungfu practices.***

**When:**

Sunday April 20<sup>th</sup>,  
2:30 – 5:30pm

**Cost:**

\$80 Tuition pre-registered  
\$90 at the door  
\$70 Zoom attendance  
\$10 Discount for Qingcheng Mountain  
Association Members

**Where:**

Classical Martial Arts of Long Island  
222 Bethpage-Sweet Hollow Road  
Old Bethpage, NY 11804

**Register:**

Register online at  
[https://sparkpages.io/?i=\\_rHub](https://sparkpages.io/?i=_rHub)  
Or scan the QR code



***Space is limited, register early.***

**Master Zhang Yuanming**

Master Zhang is the inheritor of several qigong lineages, as well as a disciple of the Shaolin Temple. He is an internationally known teacher and healer. He is one of the living embodiments of the remnants of the Classical Tradition.

**Stephen Jackowicz, M.Ac., L.Ac., Ph.D**

Dr. Jackowicz is a disciple of Master Zhang and has served as his translator for over twenty years. He is a published author in the fields of Chinese medicine, martial arts, and history. He devotes his time to teaching the little-known aspects of the Chinese Classical Tradition.

**Questions?**

Contact Steve Jackowicz at  
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