

Workshops

April 1st Friday 7 PM - 9 PM

Master George Hu

Ba Ji Quan

Bajiquan is a close quarters fighting system utilizing frame work (structure) and explosive movement (fa jing). Key points on the system: 1. Fa jing (explosion) comes from structure. 2. Occupying territory (step/ moving structure) 3. Do not stop at one attack (machine gun hitting). 4. Whole body unified hitting (whole body attack). 5. Breaching is the best form of defense.

Master Paul Hannah

Spiritual Qi Gong Expanding Divine Warrior Frequency

In this spiritual Qi Gong workshop participants will learn

Dynamic energy flow from the Universal Energy through their Crown Chakra (Bahui), Heart Chakra and Bubbling Well (Kidney I).

Conscious utilization to expand Qualities of a Divine Warrior which is grounded in Universal Truth and Unconditional Love. Manifesting Courage, Confidence and Compassion.

Learn to balance One's intellectual, emotional, physical and spiritual bodies.

The definition of a Divine Warriorship is skilled in Martial Arts, Law of energy and the Universal Laws of Oneness.

Master James Smith

Penchak Silat Harimau Berantai originated out of Mayalasia.

April 2nd Saturday 8:00 PM - 10:00 PM

Master Yi Yang

Yang Style tai Chi

Section 1, warm up and qi qong, section 2, Lakeshore daily Kungfu. section 3, Lakeshore Tai Chi.

Master Ernie Wu

Eight steps of Eight Step Praying Mantis

Eight Steps are fundamental skills of Eight Step Praying Mantis, in this workshop will teach these eight different steps movement by movement, no prior experience required.

April 3rd 8 AM - 10 AM

Master Paul Hanna

Tai Chi Chuan Application for self defense and fighting

Tai Chi movements are based in the principle of water and the dynamic interplay between relaxation and balance of Yin/Yang energies, this workshop focus on how to relax, neutralize, deflect and strike utilizing the powerful Empty Circle.

Master Chun Man Sit

Secret Taiji Neigong

Neigong 24 is great for improving speed and power in fighting. This method also helps you to develop the iron-body.