

Workshops :

A. By: Master James Smith

Friday 7 - 9 PM : **Penchak Silat Harimau Berantai originated out of Mayalasia”**

B. By: Master George Hu

Five Steps and Eight Methods for health and martial arts progress

To Whom: All ages and styles of practitioners.

All Tai-Chi Chuan, Shin-I Chuan, Ba-Gau, Ba-Ji Guan, Shaolin Kung-Fu, All Southern Style, even for health training, all welcome.

1. Friday 7 - 8 PM (**FREE**) : **Introduction for all interested**
 2. Friday 8 - 9 PM : **Building Foundation**
 - a. Post, Stance, Wu-Ji, Tai-Chi post, “Center Step”
 - b. Cultivate “Kidney Chi” and reduce backache.
 - c. Back to “Prenatal” state - breathing & concept practice
 3. Friday 9 - 10 PM : **Form Study**

Including: “Eight Methods” - Tai-Chi Chuan form and matching

 - a. Get into “Five Step” - forward & back steps.
 - b. Get into “Rotation of waist” - steps to the right to the Left” “ Diagonal & Orthogonal methods”
 4. Sunday 8 - 9AM : **Practice “Feeding test of Jin”**
“Matching, Catching opponent preparation”
 - a. Learn how to get ready to face a test.
 5. Sunday 9 - 10 AM : **Way of “Fa-Jin” training with safety concerns.**
 - a. Learn with partner
 - b. Learn how to discharge and “pop” your partner 4-6 feet away without hurting each other.
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C. By: Master Chun Man Sit

Sunday 8 - 10 AM : **Tai Chi Secrets**

Tai Chi secrets are simple principles that have profound impact on your understanding of Tai Chi. They are the shortcuts to becoming a master with real abilities and knowledge. (All styles are welcome)