

Seminar Registration Form

USAWKF National Championships and 4th International Chicago Wushu-Gong-Fu Tournament

Return form to: Chinese Gong-Fu Institute, 4614 N. Western Ave, Chicago, IL 60625

Information: Hongchao Zhang, (773) 728-8682 or email: masterzhang@zhangtaiji.com or ljmqi@yahoo.com

Website: www.zhangtaiji.com

Make check or money order payable to Hongchao Zhang. Personal checks will not be accepted at the Tournament.

Name _____ Phone: _____ Email: _____

Address: _____
street city state zip

Date: Friday night, June 23rd, 2006

Location: Days Inn, 6450 W. Touhy Ave., Niles, IL 60714

Time: 6:30-7:45pm

Friday Seminar 1:

Instructor: Sam Chin - *Liq Chuan Spinning & Sticky Hand*

Friday Seminar 2:

Instructor: Chun Man Sit - *Tai Chi Secrets*

Date: Saturday Morning, June 24th, 2006 – 2 sessions

Location: Niles West High School, 5701 Oakton St., Skokie, IL 60077

Session 1: 7:30-8:45am

Saturday, Session 1, Seminar 1

Instructor: Justin Meehan - *Hun Yuan Taiji/Qigong of Master Feng Zhiqiang*

Saturday, Session 1, Seminar 2

Instructor: Dr. Wu - *Tai Chi Fan*

Saturday, Session 1, Seminar 3

Instructor: Chun Man Sit - *Drifting Cloud Qigong*

Saturday, Session 1, Seminar 4

Instructor: Qin Zheng - *Short Staff*

Session 2: 8:45-10:00am

Saturday, Session 2, Seminar 1

Instructor: Baosheng Yang - *PaGua*

Saturday, Session 2, Seminar 2

Instructor: Tao Wang - *Sanshou – Getting the Points!*

Saturday, Session 2, Seminar 3

Instructor: Zhao Ning – *Original Qi Movement*

Saturday, Session 2, Seminar 4

Instructor: Ying Cai - *Luo-Han-Nei-Gong*

Date: Sunday Morning, June 25th, 2006 – 2 sessions

Location: Niles West High School, 5701 Oakton St., Skokie, IL 60077

Session 1: 7:00-8:15am

Sunday, Session 1, Seminar 1

Instructor: Baosheng Yang - *Chin Na for Health and Self-defense*

Sunday, Session 1, Seminar 2

Instructor: Wu-Zhong Jia - *Qigong for Health and Longevity*

Sunday, Session 1, Seminar 3

Instructor: Chen Yu - *Chen Style Taiji*

Sunday, Session 1, Seminar 4

Instructor: Randy Li - *Taiji Push Hands*

Sunday, Session 1, Seminar 5

Instructor: Zhao Ning – *The Many Powers of Qigong*

Session 2: 8:30-9:45am

Sunday, Session 2, Seminar 1

Instructor: Malee Khaw - *Medicinal Chi Kung for Promoting Heart Function and Smoothing Blood Circulation (Shuxin Pingxue Gong)*

Sunday, Session 2, Seminar 2

Instructor: Chun Man Sit - *Spontaneous Fa-jin*

Sunday, Session 2, Seminar 3

Instructor: Randy Li - *Anyone-Can-Do Wing Chun Self Defense*

Sunday, Session 2, Seminar 4

Instructor: Justin Meehan - *Taiji Sword Basics*

Sunday, Session 2, Seminar 5

Instructor: Wu-Zhong Jia - *Taiji for Health*

Sunday, Session 2, Seminar 6

Instructor: Zhao Ning – *Fighting Skills of Chen Style Taiji*

Check Seminar(s) you will be attending:

Friday

_____ I-Liq Chuan Spinning & Sticky Hand
_____ Tai Chi Secrets

Saturday

Session 1:

_____ Hun Yuan Taiji/Qigong of Master Feng Zhiqiang
_____ Tai Chi Fan
_____ Drifting Cloud Qigong
_____ Short Staff

Session 2:

_____ PaGua
_____ Sanshou – Getting the Points!
_____ Original Qi Movement
_____ Luo-Han-Nei-Gong

Sunday

Session 1:

_____ Chin Na for Health and Self-defense
_____ Qigong for Health and Longevity
_____ Chen Style Taiji
_____ Taiji Push Hands
_____ The Many Powers of Qigong

Session 2:

_____ Medicinal Chi Kung
_____ Spontaneous Fa-jin
_____ Anyone-Can-Do Wing Chun Self Defense
_____ Taiji Sword Basics
_____ Taiji for Health
_____ Fighting Skills of Chen Style Taiji

Amount Due:

Seminar Cost: 1st seminar by June 7th - \$40, additional seminars \$20

1st seminar after June 7th or at the door - \$50, additional seminars \$20

Total Number of Seminars _____

Amount Enclosed: _____

Return form to: Chinese Gong-Fu Institute, 4614 N. Western Ave, Chicago, IL 60625

Make check or money order payable to Hongchao Zhang. Personal checks will not be accepted the day of the Tournament.

All participants must sign a Waiver Form at the Tournament.

Note: Seminars may be cancelled or combined based on enrollment or instructor's status on the day of the Tournament.

Master Sam F.S. Chin is Head instructor and co-founder of the Art of I-Liq Chuan. He was selected by USAWKF to the Hall of Fame of Outstanding Masters. For the past 27 years, he has conducted seminars and workshops in Malaysia, Australia, Japan, Russia, Hungary, Germany, England, and the U.S. Sam Chin's seminar will focus on his art – *I-Liq Chuan*. I-Liq Chuan is a style of Kung Fu based solely on physical sensitivity and sensorial mind awareness - not on developing techniques for dealing with particular situations. It is an art of unifying mental and physical. Students train through the process of understanding muscular movement, body structure [skeleton], and incorporating chi [energy] and the mental process. Relaxation is also an essential component of the art. Ultimately, the I-Liq Chuan practitioner is able to sense the opponent's intention, even without contact, through awareness. He can then redirect the force and use it against the opponent or incorporate the use of fa jing [energy release] strikes depending on the threat level. I-Liq Chuan is an art of self-recognition and self-realization of both the mental (I) and the physical (Liq). samchin@iliqchuan.org

Master Malee Khaw is the President and Head Instructor of Malee's School of Tai Chi and Kung fu in Manchester, Connecticut, Vice-President of the USA Wushu-Kungfu Federation, and President of the USA National Tai Chi Chuan Federation. She is an internationally certified judge (IWUF). Master Khaw has organized three tournaments; in 1999 and 2002, the New England International Chinese Martial arts Championships; and in 2005, the USAWKF National Championships and U.S. Team Trails. In 2005, she organized the 1st National Wushu Instructors and Judges Courses, the first of its kind in the U.S. Malee Khaw's seminar will discuss *Medicinal Chi Kung for Promoting Heart Function and Smoothing Blood Circulation (Shuxin Pingxue Gong)*. maleeschool@hotmail.com

Master Randy K. Li began his training in 1963. He is a second generation disciple of Yip Man Wing Chun and a fifth generation disciple of Yang Family Taiji. Master Li specializes in all aspects of his training with special focuses on the combative and healing aspects. Master Li is a Qigong Master, a healer, and a Fengshui expert. Master Li is ranked eighth Duan in Chinese Wushu. He serves as the President of U.S.A. National Traditional Wushu Federation, Vice President and Chairman of the Traditional Wushu Committee of USAWKF, Vice President of USA National Tai Chi Chuan Federation. Randy Li will have two seminars. The first is *Taiji Push Hands* and will include pushing hands techniques that can be applied in both tournament and actual combat. The attendees can gain more insight and inspiration into using Pushing Hands as a reactional control tool. The attendees can also learn to score better legally in pushing hands tournaments. The second seminar will be *Anyone-Can-Do Wing Chun Self Defense*. Master Li will teach effective and efficient self defense techniques using basic, simple, and easy-to-apply Wing Chun techniques. The attendees can have fun learning these easy, yet effective techniques. wingchuntaiji@gmail.com

Sifu J. Justin Meehan is a Chinese Martial Arts teacher, author, and tournament judge from St. Louis, with over 40 years of experience, especially in Taijiquan and Qigong. He is the senior U.S. disciple of Master Zhang Xue Xin, specializing in the Hun Yuan Chen style of Grand Master Feng Zhiqiang. Justin Meehan will teach two seminars. The first will be on *Hun Yuan Taiji/Qigong of Master Feng Zhiqiang* and will discuss Silk Reeling, Chin Na, Applications, Qigong, etc. The second seminar is *Taiji Sword* and will include sword techniques and applications necessary to do the form correctly. jjustinmeehan@aol.com

Master Chun Man Sit has been practicing Taiji, Qigong, and Kungfu for over 35 years. He is an expert on Wu Style Taiji and Six Elbows Kungfu. He has written many articles for *Tai Chi Magazine*. His workshops are fun and insightful. Chun Man Sit will be doing three workshops. The first will be on *Tai Chi Secrets* and will include true principles and sayings from past and present masters. Understanding these secrets can help students to improve their Tai Chi ability. Everything will be explained in a simple and clear way to avoid misconceptions. The second seminar will be on *Drifting Cloud Qigong*, a qigong method which is easy to learn and fun to practice. It is well-balanced and great for improving Qi and body mechanics. Interestingly, many postures can also be used for self-defense as well as wellness.

The third workshop will be on *Spontaneous Fajin*. Fajin is mostly a ballistic motion. Tension is the opposite of Fajin. We will focus on correct body mechanics and using yi (mind). The purpose is to perform powerful Fajin easily and spontaneously. cmsit@everestkc.net

Master Tao Wang studied under the famous Master Huang Guo-Zheng. He has a degree from the Chengdu Institute of Physical Education where he studied Gong Fu, Chinese Boxing, Taiji, self-healing, and self-defense. He was International Gong Fu Grand Champion from 1997-2000. Master Wang Tao is the only international "Grade A" Sanshou judge in America and he has received over 100 Chinese National and International medals in Kung-fu. Tao Wang's seminar, *Sanshou – Getting the Points!*, will discuss the awarding of points in Sanshou. wangtao75@hotmail.com

Master Shi Cun Wu has been practicing and teaching Wushu for over 40 years. Master Wu teaches over 60 forms of traditional taiji quan and weapons. Master Wu has published the *"Tai Ji Quan Study Guide."* His school, Kang Taiji Center, was established in Chicago in 1990. After retirement, Master Wu continues to teach wushu in Chicago and Sun City Anthem in Las Vegas. His seminar will cover the basics of *Tai Chi Fan*. wulizwu@cox.net

Master Wu-Zhong Jia has a Bachelors Degree from Hebei Teachers University. He was Champion in the International Wushu Competition in 2001, 2002, & 2003. He will be offering two seminars, one will discuss *Qigong for Health and Longevity* and the second will explore *Taiji for Health*. wuzhongji@hebeiwushu.com

Master Baosheng Yang, M.A., is a retired professor of Martial Arts in Xian, China. He is widely respected for his knowledge of the Chinese Martial Arts. Baosheng Yang's first workshop will focus on *PaGua* and his second on *Chin Na for Health and Self-defense*.

Master Ying Cai began studying at the age of 6 with his father Grand Master Ruo-Shui Cai (who, at 90, is still practicing). He studied traditional Fujian (or Fukien) Shaolin Temple Kungfu. After five years of rigorous and intensive training, he was sent to Grand Master Zi-Shen Zhuang's for 11 years of further, advanced kungfu training. Through this training, and thanks to the great quality of Master Zhuang, Ying Cai grasped a variety of traditional Chinese martial arts including both southern and northern styles. After his studies with Grand Master Zhuang, during college, he continued his studies with legendary Grand Master Wan Laisheng learning Zi-Ran-Men and other classic Chinese martial arts. His seminar will discuss Luo-Han-Nei-Gong – Toughness Training in the Ancient Shaolin Temple. This seminar will present an overview of Luo-Han-Nei-Gong. This training provides a perfect combination of health improvement and self-defense, two prominent elements of ancient Chinese Kungfu. A variety of secret training methods will be discussed and exercises will be demonstrated to provide insight into this invaluable martial arts. citongshaolin@gmail.com

Master Chen Yu is a 19th generation practitioner of the Chen style family from China. He is a member of the Beijing Chen Zhaokui Martial Arts Research Association. He will offer a seminar in *Chen Style Taiji*.

Master Qin Zhang is a Professor in the Wushu Department of the Wuhan Institute of Physical Education in Wuhan, Hubei Province. He is an excellent martial artist and instructor from China and will offer two seminars. The first will cover the *Short Staff*. The second will discuss *Qigong for Health and Longevity*.

Master Zhao Ning is associated with many groups including serving as President of the Morning Sun Chinese Martial Arts Center, Vice-President of Song Yang Martial Arts Institute in China, Director of Shao Lin Martial Arts Association in China, Senior Master in China's Qigong Association, and a Senior Instructor of the Taiji Boxing General Association in Chen Jia Guo. He is also a Judge for International Wushu-GongFu Tournaments. He will offer 3 seminars; the first on Qigong will explore original Qi movement. The second will focus on the many positive powers of Qi and methods of accessing personal Qi power. The third will include fighting skills of Chen style taiji. Energy transmission from Master Zhao Ning will be part of the Qigong workshops. ningrick3@yahoo.com.cn