



**WINTER SEMINAR – HEALTH & WELLNESS
CHINESE GONG-FU INSTITUTE, CHICAGO, IL
SUNDAY, FEB. 1ST, 2015**

Location: Chinese Gung-Fu Institute
4614 N. Western Ave., Chicago IL

Phone: (773-728-8682) – Web: <http://zhangtaiji.com>

Email: masterzhang@zhangtaiji.com

Seminar 1 - Time: 2:00-3:00

Seminar 2 – Time: 3:15-4:15

Cost: Seminar 1 - \$50

Seminar 2 - \$50 (includes two short-short staffs)

Both seminars, \$90

SEMINAR 1

**Winter – Nourishing the Kidney
Qigong Exercise**

Traditional Chinese Medicine (TCM) views the human body as animated by a primal energy called Qi. When Qi is in balance the body is healthy. When Qi is out of balance, blocked or depleted, sickness can result. Qigong works on the balance of energy to maintain a healthy body.

TCM uses, as one basis for health and diagnosis, five-element theory. This theory is based on 5 basic elements in nature as described in Chinese philosophy (wood, fire, earth, metal and water.) Each of these elements relates to one other element to either generate (support) it or to subjugate (control) it. Each organ is assigned one of the five elements to describe their relationships with other organs and to assist the practitioner of TCM in diagnosis. Over centuries of observation and speculation, the complex relationships between the organs and internal and external forces (including the seasons) acting upon them, have resulted in the development of a systematic method of diagnosis and treatment.

Winter is associated with the Kidney and water. Kidney energy is yin in nature and thus inactive, cold, dark, slow, damp, and associated with inward energy. The Kidneys hold the body's most basic and fundamental energy and winter is good time to do inward Qigong practices to strengthen the Kidneys and prepare for the spring to come.

The winter energy and the Kidneys are nourished through Qigong Exercise. The Kidneys are responsible for (among other things) detoxifying pollutants. During this seminar Qigong exercises specifically designed to address and support the Kidneys will be learned including "sounding." That is, each organ has a specific nourishing sound associated with it. The sound "chui—吹," is related to the Kidney Channels of the Foot-Shaoyin (足少阴肾经).

The other seasons and their related organs will be discussed during future seminars – Summer/Heart – growth, Long Summer/Spleen - fruition, Fall/Lung – harvest. Qigong exercise assists a person in gently detoxifying the body while simultaneously developing a sense of calm and relaxation throughout the body.

SEMINAR 2

Taiji Double Hidden Short-Short Staff

The Double Hidden "Short-Short" Staff form provides a combination of Tai Chi and Staff, which can be used offensively or defensively. The advantage to the Hidden Staff is that it can be carried easily because of its unique length. The form melds Taiji with the staff to create a sense of flow, effortless control, and harmony; thus making this form, as is true for all Tai Chi,

a blend of creating internal harmony and wellbeing while also providing a means for defense as needed.

About the Instructor

Master Zhang holds Bachelors and Graduate degrees in Gong Fu from the Wuhan Institute of Physical Education and the Shanghai Institute of Physical Education. He has taught Qigong, Taijiquan and Gongfu extensively in China and the United States, and has published on these subjects. He is a multiple Gold Medalist, and a renowned judge at national and international competitions. He is also an expert in Chinese medicine, acupuncture, tuina (massage), and sports injury treatment. He teaches in Chicago, IL. Questions? Call: 773 728-8682



**Registration Form
Health & Wellness Seminars
SUNDAY, FEB. 1ST, 2015
Chinese Gong-Fu Institute**

Name _____

Phone: _____

Email: _____

I plan to attend:

Seminar 1 – Qigong Exercise for Kidney _____

Seminar 2 – Taiji Double Hidden Short-Short Staff _____

Please enclose Seminar Fee. Seminar 1 - \$50 (includes short staff), Seminar 2 - \$50, Both seminars - \$90

DAY OF SEMINAR COST: \$5 additional per seminar -- Cash only day of seminar.

Please return Registration by January 20th

Registration should be mailed to: Master Hongchao Zhang, Chinese Gung-Fu Institute,
4614 N. Western Ave., Chicago IL 60625

Make checks payable to Master Hongchao Zhang.

PLEASE SIGN WAIVER:

I, _____, the undersigned applicant, voluntarily chose to attend an event/seminar at the *Chinese Gong Fu Institute*. I hereby assume the risk and full responsibility for any and all damages, injuries, or losses that I may sustain or incur while attending and/or participating in the Event. I agree and understand that my participation and/or competition in the event/seminar is completely voluntary, and that I must report

any and all injuries immediately to the event/seminar staff. I further agree to indemnify and save and hold harmless said Releasees and each of them for any loss, liability, damage, or cost they may incur due to my participating or competing in the Event and whether caused by the negligence or gross negligence of said Releasees or otherwise.

I HAVE READ AND FULLY UNDERSTAND THE WAIVER LISTED ABOVE.

Print Name _____

Signature _____ Date _____

If under 18, this form must be signed by parent or legal Guardian.