



## Special Summer Event: Chi Gong and Tai Chi with Grandmaster Hongchao Zhang

Come celebrate Summer by getting your chi flowing at these special Heartwood seminars! Whether you take one of the seminars or both, you will feel the benefits of these beautiful Chinese martial arts forms.

### Seminar Two: 13-Step Tai Chi

13-Step is the oldest of all Tai Chi forms, dating back thousands of years. It is the “mother” of all other Tai Chi forms, as well as of Push Hands, containing the 13 foundational postures of Tai Chi (ward off, roll back, elbow strike, and so on). It also is one of the least-studied Tai Chi forms, and is seldom taught in the United States. Come learn this rare and ancient form of martial arts and experience its benefits!

### Seminar One: Summer Chi Gong for the Heart

This is a special Chi Gong form created by Grandmaster Zhang, based on his expertise in both Chi Gong and traditional Chinese medicine.

When Chi is in balance, the body is healthy; Chi Gong works on this balance to maintain health. In traditional Chinese medicine, the heart rules the body and is the root of life. The heart’s element is Fire, and its season is Summer. Grandmaster Zhang created his Heart Chi Gong to follow the heart meridian and connect to other meridians, as well. Now is the time to rebuild the energy expended during the months of Winter and Spring with Chi Gong for the Heart.

**Advance registration (prior to July 1):**

**\$40 per seminar, \$75 for both**

**Pay at the door: \$50 per seminar, \$95 for both**

#### About the Instructor:

Grandmaster Hongchao 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 Chi Gong, Tai Chi, and Gongfu extensively in China and the United States, and has published on these subjects. He was named an Outstanding Master by the USA Wushu-Kungfu Federation, is a multiple Gold Medalist, and is a renowned judge at national and international competitions. He is also an expert in Chinese medicine. He teaches in Chicago.

**Heartwood Center  
1818 Dempster  
Evanston**

**Date: Sunday, July 9  
Time: Chi Gong, 2-3:00;  
Tai Chi, 3-4:00**

**To register, contact Michelle Bobier at 773-991-4357 or [michellebobier@me.com](mailto:michellebobier@me.com)**