

2018 Workshops *with* Dr. Yang Jwing-Ming

Pre-register & to save your spot!



TWO Workshops

SWORD BASICS

Shaolin & Taiji students welcome!
Some martial arts experience is required.

3-hour course includes:

- Sword Foundation
- Applications
 - 2 Person Drills
 - Sword Theory



“Discover the King of Short Weapons, the Lord of One Hundred Arms”. Improve your balance, strength, focus, and martial skills with this elegant and effective Chinese weapon. Mastering the Art of the Straight Sword requires extensive physical training, which will result in a strong, finely-tuned body and mind.

Sword training is one of the highest accomplishments in Chinese martial arts.

Tuesday, April 10
6 - 9 pm

Wooden sword required & available for sale. Reserve in advance (\$29).

Spaces are limited!

Pushing Hands & Chin Na

For Taiji & Shaolin Students!

Practical **Chin Na** techniques will be taught and applied in **Taiji Pushing Hands** along with **Shaolin** combat.



Some martial arts experience is required

Friday, April 13
6 - 9 pm

Apr. 14 & 15 Weekend workshop with Dr. Yang:
Taijiquan 13 Postures & Energies

with Special Energies Presentation by Ms. Kathy Yang

See separate flyer or call for details!

Registration info on the other side.

For ONLINE registration, visit www.YangsAndover.com



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