

# TJQE Festival Schedule

Check the date in footer. Be sure to check the latest version of the schedule as it is constantly changing. Call 610-468-5039 with changes if necessary. Final will be published June 15 noon.

Friday, June 19, 2009

Start Time	Fieldhouse	South Dining Hall	Arena	Room 106	Room 109	Balcony 2
9:00 AM	Registration & Health Expo			HLT: Shaolin Temple Warm Ups, Isse Elston-Phillips	HLT: Cell and Organ Cleansing Qigong, Bruce La Carrubba	
10:00 AM	Registration & Health Expo		SDC: The Architecture of Being Human, David Briggs	HLT: 18 Shiba Luohan Qigong, Peggy Manser	HLT: Massage Qi Gong, Jennifer Steffener	
11:00 AM	Registration & Health Expo		SDC: Stirring the Internal Kung-fu Pot: Sun Tai Chi, Avi Schneier	ACD: An Overview of Taiji Pedagogy., Stephen Higgins	HLT: Master Jou Tsung Hwa Taiji Principles, Jennifer Steffener	PHA: Applying The 4 Phases of the Forearm in Peng, Lu, Ji, An, Andy Cappuccio
12:00 PM		Friday Lunch				
2:00 PM	Registration & Health Expo		SDC: The Nuances of Tai Chi Body Structure & Rooting, John Loupos	ACD: Taiji Research: Health and Leadership Benefits, CJ Rhoads	HLT: Taiji Qin Na: Drills & Skills, Christopher Viggiano	HLT: Yoga for the Martial Arts, Sue Lerch
4:00 PM	Health Expo		SDC: Power from the legs - An Introduction to Ba-ji, Steven Arbitman	ACD: The Story: The Positive Aspect of Pain, CJ Rhoads	SDC: Neijiaquan: The Taiji, Bagua, Xingyi Connection, Christopher Viggiano	PHA: Push Hands Principles and Practice, Lee Scheele
5:00 PM	Health Expo		PHA: Martial applications of Push Hands Exercises, Luke Jih	ACD: History and Myth: Taijiqian in Perspective, Stephen Higgins	SDC: Change Your Mind, Change Your Form, Avi Schneier	HLT: Pilates Exercises for Taiji development, Tracey Tancredi
6:00 PM		Friday Dinner				
8:00 PM			PHA: Push Hands Free Style for Beginners			PHA: Push Hands Free Style for Advanced Players

Push Hands (lavender)	Taiji or Qigong for Health (green)	Academic Workshop or Speaker (aqua)	Taiji Weapons (Sw ord, Fan, Pole, etc.) (tan)	Taiji for Self Defense or Competition (blue)
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Activities with a white background are free and open to the public.

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Saturday, June 20, 2009

Start Time	Fieldhouse	South Dining Hall	Arena	Room 106	Room 109	Balcony 2
6:30 AM				HLT: Shaolin Temple Warm Ups, Isse Elston-Phillips	HLT: Stress Relief: Connecting with Peace throughout the day, Siobhan Hutchinson	
7:00 AM		Saturday Breakfast				
8:00 AM		Saturday Breakfast	SDC: Wu Xing Bu Jin Gong: 5 Elements Stancework, Christopher Viggiano	SDC: The Architecture of Being Human, David Briggs	HLT: Eight Section Brocade, Jingshan Tang	HLT: Tai Chi Chih@: Joy thru Movement, Siobhan Hutchinson
9:00 AM	Registration & Health Expo		WEA: Yang Style Fan, Charles Brynan	HLT: Tai Chi Therapy, Jingshan Tang	HLT: The Power in Stillness an Introduction to Zhan Zhuang (Standing Meditation), Howard Peck	HLT: Chinese Yoga With Healing Qi, Jianye Jiang
10:00 AM	Registration & Health Expo		WEA: Basic Straight Sword Fencing, Avi Schneier	ACD: Taiji Culture in the US, Frances Gander	SDC: Principles- Based Form Corrections , Lee Scheele	HLT: Walk the Walk: Exploring the Tai Chi Walk, Peggy Manser
11:00 AM	Registration & Health Expo		WEA: Tai Chi Sword Form and Fencing, Diosdado Santiago	HLT: Master Yin's Liangong: Breath and Qi Linking Gongfu, Frances Gander	HLT: Yin Yang Medical Qigong, Jianye Jiang	PHA: Using Effortless Action in Push Hands Application, T. Julian Chu
12:00 PM		Saturday Lunch				
2:00 PM	Registration & Health Expo		SDC: Tan Tui - Long Fist for Stretching, Steven Arbitman	HLT: Introduction to Hanna Somatics for Tai Chi'ers and Other Human Beings, John Loupos	HLT: Wu Taiji for Health 33, David Elston-Phillips	PHA: Push Hands for Competition, Avi Schneier
4:00 PM	Health Expo		SDC: Martial Applications of Yang Style Tai Chi, John Chen	ACD: Pacem In Vita, Jack Sol-church	SDC: Chen Style Tai Chi Qin na, Jianye Jiang	PHA: Rooting for the Intermediate Practitioner, Hsien-Yuan Chen
5:00 PM	Health Expo		WEA: Empty Hand and the Sword, Andy Cappuccio	HLT: Ba Gua Qigong, John Loupos	HLT: An Introduction to Animal Elements in Qigong, Stephen Higgins	PHA: Developing Rooting and Connection in Push Hands Application, Shyh-Ching Lo
6:00 PM		Saturday evening Banquet				
8:00 PM			Sharing Our Art Demonstrations			

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Sunday, June 21, 2009

Start Time	Fieldhouse	South Dining Hall	Arena	Room 106	Room 109	Balcony 2
7:00 AM				HLT: Shaolin Temple Warm Ups, Isse Elston-Phillips		HLT: Yoga for the Martial Arts, Sue Lerch
7:30 AM		Sunday Breakfast				
9:00 AM	Registration & Health Expo	Sunday Breakfast	WEA: Flowing Water Tai Chi Fan, Jianye Jiang	HLT: Summer Element Qigong, Andy Cappuccio	HLT: Traditional Long SUN style, Betsy Scott Chapman	PHA: Push hands applications of the Cheng Man-Ching form, Avi Schneier
10:00 AM	Registration & Health Expo		SDC: Ba gua Zhang: Unique Secrets of Self Defense, Jianye Jiang	SDC: Learning and Refining the Yang 24 Form, Yuzhi Lu	SDC: An Introduction to the Old Yang Middle Frame, Stephen Higgins	HLT: Taiji Qigong, Jan Gyomber
11:00 AM	Registration & Health Expo		SDC: JIAN ...The Magnificent Chinese Double Edged Straight Sword, Christopher Viggiano	ACD: The Business Side of Taiji Schools and Alternative Health Practices: Attracting Clients, CJ Rhoads	HLT: Structure Training for Tai Ji, Steven Arbitman	HLT: QiGong for High Blood Pressure, Jianye Jiang
12:00 PM	Health Expo	Sunday Lunch				
2:00 PM	Health Expo		SDC: Applying The Taijiquan Master Key to Enhance All Sports:, James Siegel	ACD: At the Cross-Roads of Principle, Avi Schneier	SDC: Cheng Man Ching Yang Tai Chi - Advanced Forms Corrections, Diosdado Santiago	HLT: Xin Qi Meditation– The Secret Element of Tai Chi and Qigong, Ben Caccavale
4:00 PM			WEA: Power & Grace of the Chinese Fan, Christopher Viggiano		HLT: Ten Step Session, Jan Gyomber	PHA: Push Hands Coaching, Diosdado Santiago
5:00 PM		Sunday Dinner				

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