



Master Jou, Tsung Hwa Tai Chi Memorial Park

Master Jou's 13th Annual Birthday Celebration
Tai Chi Festival: July 12 & 13 2014

Bruce La Carrubba, (862) 268-6867
818 Route 23, Wantage, NJ 07461

Saturday & Sunday Workshops

(in alphabetical order by last name of Workshop Leader)

1. Chansijing (Saturday 3:20 to 4:30)

Instructor: Colin Capaci

Explore the physics behind the most fundamental pattern of Taiji. The double helix or silk reeling energy can be experienced and applied through several dimensional planes as Master Jou explains in both *The Dao of Taijiquan* and *The Dao of Meditation*.

2. Chen Style Taijiquan (Sunday 2:00 to 3:10)

Instructor: Colin Capaci

"For the student, the [Chen] routine is like a self-teaching encyclopedia of the science of movement, of martial arts technique, and of Qigong. The key to using this tool is the regular practice of the silk cocoon jing or Chansijing." -Master Jou Tsung Hwa

Colin Capaci, University of Bridgeport, Major: Martial Arts; 2nd Generation. Student of Master Jou's Teachings for 11 years - honoring his mentor Bruce LaCarrubba and as current apprentice to Dr. David Chandler, www.eaglesquesttaichi.com

3. Woman's Self-Defense (Sunday 3:20 to 4:30)

Instructor: Pam Capaci

Woman's Self-defense with an emphasis on Self! Cultivating your intuition and trusting your inner warning sign is the best "style" of self-defense a woman can practice and breath is the 'Qi'. Join Pam in learning the hidden weapon of a woman's intuition along with a few striking techniques just in case you need them.

Pam Capaci – has a 2nd Degree Black Belt in Tae Kwon Do and is a proud Tai Chi student of Sifu Colin Capaci. She teaches young women how to stay safe and believes that striking should be used as a last resort.

4. Wuji-Taiji Standing Gong (Saturday 3:20 to 4:30)

Instructor: Xia Chongyi

This Qigong system is composed of two parts: moving and static. Utilizing the shapes and structures of Zhanzhuang, this practice offers great benefit for taijiquan practitioners of all levels. Said to have been delivered to a painter-hermit at Guangdi Temple via dream, this is one of a larger Yangsheng Practice sequence. While static, the Wuji Set builds structure and form for taijiquan. While moving, the Taiji Set focuses on reeling silk type motions which fortify the pushing hands bridge amongst other benefits. This sequence includes squats and turns, but they are at your own comfort level. Telling the Daoist creation story through the sequence, this series is one of Xia Chongyi's favorite and a part of his daily regimen.

5. Wudang Stancework (Sunday 4:40 to 5:50)
Instructor: Xia Chongyi

Moving through a few basic stances, and training methods, Xia Chongyi will introduce the ideas and principles utilized in deepening and lengthening stances for taijiquan practice and use. Providing a short 10-stance sequence & a 4-stance shifting drilling method to help provided stance strength and root. This material is a primary component of Wudang arts classes at the Wudang Swordsmen Academy, including Taijiquan & Taiyiquan training programs.

Xia Chongyi is a recognized disciple under Wudang Daoist Priest, Zhou Xuan Yun and runs the Wudang Swordsmen Academy, of Wilkes-Barre, PA. Teacher Xia has been providing direct access to Wudang traditions for those in the west, since his induction into the Dragon Gate Sect, in 2010. Being the first non-Chinese recognized by Wudang Daoism, Teacher Xia embraces the traditional Daoist approach to the martial arts. With a focus on cosmology and the human experience, Chongyi (Michael) treats martial arts as one of many tools Daoism offers to cultivate stillness and clarity. Recently, he has introduced WSA | Circles, a program to bring Wudang arts into martial art schools all around the country. By supplementing teachers and students with transmittable and accessible programs in person and online, schools can embrace the Wudang arts without changing their curriculum or their own traditions. He is also featured on Google Helpouts providing free meditation and discussions worldwide. www.WudangSwordsmen.com | [570-630-0088](tel:570-630-0088).

6. TAIJIQUAN as TEACHER (Sunday 10:20 to 11:30)
Instructor: Susanna T De Rosa

Does your Tai Chi (Taiji) practice or meditation become dull or lack adventure and discovery? Are you interested in finding new pathways to stimulate your personal evolution? Discover alternative ways towards self-cultivation and mastery by exploring stillness (meditation) and movement (form). Tap into your own creative potential by listening to and expressing both inner spaces and outer form. Come and play with your own insights/ideas - sometimes so near they can be missed - to "develop your own handwriting" as Master Jou encouraged. Introduce yourself to your inner master! Each discovery and insight contains the possibility to take you deeper into the Tao and further along your Path.

Susanna T. DeRosa - One of Masters Jou's original students. She teaches in Princeton and Lambertville NJ

7. Zen Standing Qigong (Sunday 4:40 to 5:50)
Mark S. Gallagher

Standing meditation is a fundamental training method of internal Chinese martial arts. The featured postures in this workshop are designed to improve 'Martial Awareness' and 'Balance'. Class will explore several meditation postures developed by Qigong masters to strengthen core and challenge physical and mental resolve. Benefits athletes of all disciplines, who want to improve their focus and reach muscle groups rarely reached in most training methods. Join Mark as we sample many of the postures of this unique fitness method of core training to improve physical power, balance and reach an inner peace - all while standing still! Invigorating, Challenging and Fun!!

Mark S. Gallagher www.sparattaichi.com

8. Standing Meditation Basics (Saturday 9:00 to 10:10)

Instructor: Ron Gee

Ron will examine the underlying philosophy, principles and healing aspects of standing meditation, as well as how standing postures can inform qigong practice.

Ron Gee Ron's interest in traditional Chinese culture began in college when he studied Far Eastern philosophy and art. After moving to Warwick, NY he had the good fortune to have studied meditation, qigong, and taijiquan with two amazing teachers, Master Jou and B.P. Chan whose example continues to inspire him as it has so many others. (My website: www.rongeeart.com)

9. Qigong: Gravity as a positive force (Saturday 10:20 to 11:30)

Instructor: Gar Wang

Fundamental to the concept of "song" is the feeling of "suspend like hanging". By envisioning floating lightly upwards while hanging downwards, one could enhance the feeling of openness and looseness while maintaining proper structure naturally. Gar will be sharing certain qigong movements that illustrate the role of gravity in creating proper structural alignment and stability.

Gar Wang, Gar began her study with Jou Tsung Hwa in 1996 at the Tai Chi Farm. After his untimely death, she had the privilege to train with B P Chan. She is grateful to both of them for sharing their great knowledge and skill. It is in the spirit of their generosity and their respect for the ancient art of Chinese healing, that she hopes to help others.

10. Opening the Joints: Master Jou's "Starfish" (Sunday 11:40 to 12:50)

Instructor: Steve Higgins

Derived from the movements of the Old Yang-family Middle-frame Taijiquan, this Qigong system is based upon principles of Daoist internal alchemy, and focuses on activation of vessels and meridians. Employing technical methods of Daoist breath control, it strengthens the legs, opens the spine and perfects Taiji co-ordination. It seamlessly blends principles of spiritual and health training, with martial power. It is a necessary prerequisite and introduction to further study of the Old Yang system of Taijiquan. This form extensively employs dan-yu's ("sink waist") and is physically demanding.

11. Joint- opening: Yang and Chen applications (Saturday 2:00 to 3:10)

Instructor: Steve Higgins

Derived from the movements of the Old Yang-family Middle-frame Taijiquan, this Qigong system is based upon principles of Daoist internal alchemy, and focuses on activation of vessels and meridians. Employing technical methods of Daoist breath control, it strengthens the legs, opens the spine and perfects Taiji co-ordination. It seamlessly blends principles of spiritual and health training, with martial power. It is a necessary prerequisite and introduction to further study of the Old Yang system of Taijiquan. This form extensively employs dan-yu's ("sink waist") and is physically demanding.

Steve Higgins has been a student of the martial arts for over 30 years, and a student of Taiji and Qigong for since 1986 . He is the Chief Instructor at Cold Mountain Internal Arts(www.coldmountaininternalarts.com), Kitchener, Ontario, Canada. He is one of the founding members of the Taijiquan Enthusiasts Organization.

12. Play with the Five Animal Frolics (Saturday 10:20 to 11:30)

Instructor: George Hoffman and Joe Pandolfo

Come play with George and Joe again this year with these wonderful Chinese health and healing qigong exercises. Attributed to Hua Tuo (207 CE), the father of Chinese medicine, we'll play with one exercise from each of the Five Animals. These have been used for nearly two thousand years as preventive exercises to keep the body healthy and prevent disease. Come play with us and seek the spirit of the animals – you can easily walk away with this one.

13. Eight Pieces of Brocade (Sunday 11:40 to 12:50)

Instructor: George Hoffman and Joe Pandolfo

Many of us have practiced this wonderful qigong in one form or another for years. Come take another look and refresh your interest in this simple but powerful qigong exercise. Open the joints, relax the muscles, stimulate the energy system, and release unneeded stress and tension.

We'll play with the standing version of this ancient system and work with its health and healing qualities. Long attributed to Chinese General Yeuh Fei, circa 1130 CE, yet probably much older, this system has stood the test of time.

George Hoffman, Director of Silver Dragon Tai Chi & Qi Gong, has 17 years of teaching experience and 22 years of study in the Chinese arts of Tai Chi and Qigong. He has successfully developed and continues to deliver classes in both arts for municipal recreation departments, corporate fitness centers and local health-focused healing centers. His strengths in teaching and coaching facilitate students' ability to learn these health-enhancing exercises rapidly and with confidence. His belief in the power of these ancient arts comes across in his teaching style, patience, compassion and his students' success.

Silver Dragon Tai Chi & Qi Gong - 860-742-5892 <http://www.silverdragontaichi.com>,

Joe Pandolfo has been studying with George Hoffman for many years.

14. 5 Minute Energy Routine (Saturday 4:40 to 5:50)

Instructor: Siobhan Hutchinson

Mehmet Oz, MD and C. Norman Shealy, MD, Ph.D. have often stated that “Energy Medicine is the next frontier.” Experience how simply tapping, touching, massaging different points on the body can help to de-stress, re-balance, and re-energize the mind, body, and spirit. Based on Traditional Chinese Medicine techniques and Donna Eden Energy Medicine, learn practical applications for daily living.

This is a fun provocative session with techniques you can use right away for yourself or for when your students energy and focus begin to wane. Great way to refresh yourself for the evening.

15. Tracing the Meridians (Sunday 3:20 to 4:30)

Instructor: Siobhan Hutchinson

Tracing the Meridians physically and/or mentally has practical applications for everyday life.

Learn how to strengthen/sedate Meridian pathways, reduce the symptoms of jet lag, quickly balance Meridians, and gain another tool for your toolkit.

Siobhan Hutchinson created Next Step Strategies to educate and encourage individuals to discover their body's natural healing ability. Clients report experiencing increased range of motion, balance, relaxation, reduced stress, and an overall sense of well-being. Along with holding a Master's Degree in Holistic Health, Siobhan is an accredited T'ai Chi Chih®, Seijaku, Guigen Qigong, Reiki Master/Teacher, and Certified Eden Energy Medicine Practitioner. She has

studied in China and continues her studies with a variety of holistic practitioners. Her passion is stress relief and walking in serenity. She is co-host of the International T'ai Chi Chih Teachers Conference this July at Kean University (ask about the open practice)

www.NextStepStrategiesLLC.com

16. Master Jou's Chen II Form (Paochui) (Saturday 11:40 to 12:50)

Instructor: Richard Green

Learn the powerful and explosive (Fa Jin) movements of the Chen Second Routine sometimes known as "Cannon Fist" as taught to Richard Greene. (Master Jou's student who continuously took classes with him from the early 70's until his passing in 1998, and was intimately involved in the evolution of Master Jou's Tai Chi Theories as acknowledged in his book *The Dao of Taijiquan*.)

Richard Greene contact # 973-675-1734

17. Master Jou's Taiji Theory (Sunday 2:00 to 3:10)

Instructor: Richard Green

Come and explore Master Jou's theory of the path to truly understanding Tai Chi philosophy and practice as set forth in his introduction to the last edition (May 1998) to his world- renowned book *The Dao of Taijiquan*

Richard Greene contact # 973-675-1734

18. Chinese Yoga with Healing Qi (Chi) (Saturday 10:20 to 11:30)

Instructor: Master Jian-ye Jiang

Combination Tai Chi, Qi(Chi) Gong, Stretching and Balance. Why do some people live a long life and others only a short one? What lets some people live over 100 years and others only 35? For millennia, Daoists have looked to nature for these answers. Both the ancients as well as modern Chinese researchers have found that certain TURTLES and SNAKES have the ability to live a longer life. Humans should learn from them if you want get longer life. These very simple forms combine Tai Chi, Qi(Chi) Gong, Stretching, Balance and Mind, body, spirit connection can: Help reduce high blood pressure and relieve neck and back pain. These are very simple but highly effective forms. They can be practiced anytime, any where in limited space without any mat and equipment. Learn how to breathe healing qi and implement yoga and tai chi stretching principles, using images and characteristics of the snake and the turtle, which have proven effective in reducing high blood pressure, back and neck pain.

19. Ying/Yang Medical Qigong (Saturday 11:40 to 12:50)

Instructor: Master Jian-ye Jiang

Grandmaster Jian-ye Jiang will share simple but effective techniques to utilize the mind/body connection to access qi from Earth (yin) and Sky(yang) and direct that energy to specific organs to improve health. These will include using pictures of nature and animals, and the reading of Chinese poetry to stimulate visualization and imagination (although this is an intermediate level workshop, everyone will enjoy and benefit from it regardless of experience level).

20. Stationary ShaoLin Kung Fu Boxing (Saturday 4:40 to 5:50)

Instructor: Master Jian-ye Jiang

This form is mainly for beginners and seniors. It is very simple but the benefits are endless. Help your body, muscles, joints, balance. It requires only a very small space, can and can be practiced anywhere, anytime. Try It!

21. Dragons Bagua Push-Hands (Sunday 9:00 to 10:10)

Instructor: Master Jian-ye Jiang

Different than tai chi push hands, this method incorporates traditional baguazhang techniques such as circle walking and twisting of the body. Though hands touch, the opponent can be off-balanced without muscular force. Effective when an opponent is close to you. It is an excellent exercise to remove tension from your torso, spine, hips and neck, resulting in increased flexibility and relaxation.

Master Jian-ye Jiang: www.jiangtaichi.com Master Jianye Jiang began his wushu studies at age 5, under tutelage from masters such as Yu Mingwei, Yu Hai, Ruizhang Zhao and Yongxiang Zhou. He completed his BA and masters degrees from Qufu University and Shanghai Physical Education Institute. He's been a tournament judge in the US and China, and is a board member of the USA National Tai Chi Chuan Federation. Master Jiang has acted in movies produced in China, Japan and Australia, and himself has produced over 300 instructional videos in Chinese martial arts and qigong. In addition to being a wushu expert and teacher of over 30 years, Master Jiang is also a master calligrapher, having won national and international awards. Sales proceeds of his prize-winning calligraphy have raised over \$10,000 in donations to the Shandong Disabled Association in order to better the lives of those living with disabilities.

22. THE PUSH HANDS WORKSHOP (Sunday 10:20 to 11:30)

(Back by popular demand)

Instructor(s): Bob & Jean Klein

Traditional (Yin/Yang) push hands. This is NOT competition push hands. Traditional push hands teaches you to be able to sense inside the body of the partner and use progressive relaxation and alignment techniques to affect the ability of your partner to remain aligned and in balance. You will learn how the dynamics of breathing is used for the push and to neutralize your partner's force. Most importantly you will learn how to use the dynamics of your own attention as the power used in push hands rather than muscular force. You will be able to push the partner but it won't feel as if you did anything.

Bob & Jean Klein Long Island School of Tai-chi-Chuan; www.movementsofmagic.com

23. THE CHI-GUNG INSIDE THE YANG FORM (Sunday 11:40 to 12:50)

Instructor(s): Bob & Jean Klein

Within the Yang form are all the principles of chi-gung. We will learn how the dynamics of breathing, attention and the sequential movements of the joints heal the entire body in a balanced way. You will learn specific approaches to practicing any form that create healing effects, and learn the principles of healing. We will learn how to "see" inside of the body through the use of chi energy as a sense and how to make the body flow like liquid. Also – how to connect the internal chi of the body with the chi of your natural

surroundings as you practice your form and how to balance chi within each part of the body.

Bob & Jean Klein; Long Island School of Tai-chi-Chuan; www.movementsofmagic.com

24. SELF DEFENSE PRINCIPLES OF YANG STYLE (Saturday 2:00 to 3:30)

Instructors: Bob & Jean Klein

Bob Klein was trained in Tai-chi fighting by Grandmaster William C. C. Chen mainly in the 1970's. In this workshop you will learn Master Chen's approach to fighting that earned him such a high reputation. This includes how to evade the opponent's strikes, how to concentrate power, use minimal movement, control the opponent's movements, neutralize his power and how to be tricky. You will also hear stories about Master Chen's unusual training techniques. Jean Klein, also trained by Master Chen will assist teaching this workshop. Although there will be no kicking or striking of others, you will be able to practice these tactics on someone holding a protective mat.

Bob & Jean Klein Long Island School of Tai-chi-Chuan; www.movementsofmagic.com

25. Master Jou's Taiji/QiGong Principles (Sunday 9:00 to 10:10)

Instructors: Bruce LaCarrubba and Bee Lee Pileggi

Join two of Master Jou's senior students, Bruce La Carrubba and Bee Lee Pileggi, as they take you on a journey back to a typical Master Jou class at the legendary Tai Chi Farm in the early 1990's. Rediscover the principles of taiji and qigong as taught by an inspirational teacher and author whose influence continues and can be palpably felt in every workshop you will attend this weekend.

Bruce LaCarrubba and Bee Lee. Bee Lee (beeleespl@frontiernet.net) operates the Hidden Gardens Tai Chi Center and teaches Master Jou's tai chi, qigong, and meditation principles in many areas of Northeastern PA. Bruce operates the Master Jou, Tsung Hwa Memorial Tai Chi Park in Wantage, New Jersey and teaches Master Jou's taiji, qigong, and meditation principles in New Jersey and South Florida.

26. Inner Smile/Cell and Organ Cleansing Qigong (Saturday 9:00 to 10:10)

Instructors: Bruce LaCarrubba

Learn to use the principles of Master Jou, Tsung Hwa; The Li family cleansing qigong as learned from Dr. John Painter; the ancient Chinese practice of the "inner smile" as learned from Master Mantak Chia; and the 5 cloud/5 element practices of Master Hua-Ching Ni, to cleanse the cells and organs of toxic substances generated by the body's "stress circuit". This is a simple and effective practice for dealing with the stressors encountered in everyday life. We will learn to access the ever-present healing/restorative powers of Nature and of the 5 elements to detoxify the cells and organs, and to convert harmful negative energy into positive healing energy.

Bruce La Carrubba taichipark@hotmail.com, www.taichipark-masterjoutsunghwa.org

27. Qigong Meditation (Saturday 3:20 to 4:30)

Instructor: Dr. John Lee

This workshop offers a very simple and effective Qiqong to enhance good health, longevity and to prepare one for the obstacles of life.

28. Somatics for Tai Chi'ers – Upper **(Saturday 11:40 to 12:50)**
Instructor: John Loupos

In these Somatic movement pattern classes, folks will learn simple movement patterns that recruit the attention of the cortical brain as means of freeing and opening the body for improved proprioception and better Tai Chi. This session will focus on upper body, from waist to shoulders and neck. Note, attendees should bring a mat or a blanket for floor work

29. Fixing the Tai Chi You've Got **(Saturday 4:40 to 5:50)**
Instructor: John Loupos

John will guide folks in an interactive session, exploring the subtleties that make all the difference between simply going through your Tai Chi moves and practicing at an advanced level. Appropriate for all levels.

30. Somatics for Tai Chi'ers - **(Sunday 10:20 to 11:30)**
Lower body, from feet to lower back

Instructor: John Loupos

In these Somatic movement pattern classes folks will learn simple movement patterns that recruit the attention of the cortical brain as means of freeing and opening the body for improved proprioception and better Tai Chi. This session will focus on the lower body, from feet to lower back. Note, attendees should bring a mat or a blanket for floor work.

John Loupos, M.S., C.H.S.E. has been teaching martial arts since 1968. His martial arts background includes Okinawan Karate, several styles of Chinese Kung Fu, Taijiquan, Liu He Ba Fa, Bagua, Hsing-I, qigong, and more. John also has a background in Classical homeopathy and is a Certified Hanna Somatic Educator. He serves on the board of directors for the Association for Hanna Somatic Education and is the founder of Jade Forest Kung Fu/ Tai Chi in Cohasset, Ma., where he also maintains his Pain and Mobility Clinic. John has published several books on Tai Chi and assorted other learning media. His latest book, "The Sustainable You - Somatics and the Myth of Aging," is available.

31. Developing Peng Energy **(Saturday 2:00 to 3:10)**
Instructor: Rich Marantz

In this workshop Rich Marantz will be sharing some of the various methods for developing Peng energy that he has learned from different teachers, including Master Jou, as well as from his own practice. We will be practicing the methods of standing meditation, moving in your own form with a particular intent, and a partner exercise.

Rich Marantz – Founder of Green Mountain Tai Chi. www.greenmountaintaichi.com

32. Six harmonies Exercise - Liu He Gong **(Saturday 3:20 to 4:30)**

Instructor: Rich Marantz

Liu He Gong is a simple to learn and very dynamic, yang exercise that derives from the Hsin Yi system. In the exercise, each joint is moved individually leading to whole body movement, which is one of the major goals of a Tai chi practice. It is very useful in loosening and opening the joints.

Rich Marantz – Founder of Green Mountain Tai Chi. www.greenmountaintaichi.com

33. Mim Chi Healing Qigong (Saturday 11:40 to 12:50)

Instructor: Bob Martin

Mimchi is a special form of Chi Kung (Qigong) focusing on “Mastering the Art of Your Breathing.” Mimchi exercises are intended to improve overall health, vitality & energy; prevent or control disease; tone internal organs; boost the immune system and remove toxins. The Mimchi (Qigong) seminar will introduce attendees to the four main forces of Mimchi; "Breathing Force" "Body Force" "Vibration Force" and "Natural Force." Attendees will more than likely feel immediate results. In short "If you can feel it, you can use it." This qigong has been proven to aid in effectively combating cancer.

Soke Grand Master Bob Martin, Founder and Chief Instructor of Unified Force Martial Arts, is a board member of the American Chi Kung International Association under the direction of Grand Master/ Sijo Floyd K. Mims, Sr.

In August of 2010, the International Bujutsu Society - Kokusai Bujutsu Kessha certified Unified Force Martial Arts as a martial art system and recognized Grand Master Martin as the legitimate Founder or Soke/Head of Family of the system. Master Martin has been studying martial arts for over 40-years. His first formal training was while serving in the U.S. Army in the early 1970's. He is a 9th Dan in his Unified Force Martial Arts System, and holds a 7th Dan in Zujitsu-Ryu and a Brown Belt in Tae Kwon Do. He's currently continuing his study of Taijiquan under Shihan Dr. Chris Viggiano. Master Martin was one of the founding members of the Zujitsu Federation under Soke Chaka Zulu. He is also the originator of the popular Zujitsu training exercise known as Nudging/Joint Manipulation. Advanced nudging techniques include Body Substitution Strikes and Locks. Master Martin also teaches Yang style Tai-Chi for health.

34. Meditative Love and Compassion Qigong (Saturday 9:00 to 10:10)

Instructor: James Martin

"Marty" will lead participants through a seated guided meditation wherein visualizations and hand positioning will be utilized to enhance the capacity of the heart for love and compassion.

35. Cleansing Qigong (Sunday 9:00 to 10:10)

Instructor: James Martin

"Marty" will share the practice of a qigong popularized by Francisco and Daisy Gallipoli, again using visualization and hand positions, but this time while standing. to flush out toxins from all the major organs, thereby allowing them to heal and revitalize.

James Martin was a Senior Student of Master Jou. He has been studying various Martial Arts for over

50 years, specializing in the teaching and study of Qigong for the past 21 years. He teaches in Havre de Grace, MD(443)299-2434.

36. Wu Ji Qigong (Sunday 3:20 to 4:30)

Instructor: Marsha Nolan

In this workshop, we will present a number of Qigong movements with acute attention to detail. We will emphasize correct posture, underlying principles, relaxation, and complete mind - body unity in movement. Students will come away with a better understanding of these movements. The emphasis is always on posture and principles, uniting the body movement for a more refined and solid technique. Through this Qigong we practice to accumulate, balance, and coordinate the flow of our life force to maintain health and well-being.

Marsha Nolan was a student of Master Jou from the early beginnings on Livingston College Campus in the 1970's up until his death. She also studied at that time with BP Chan, mostly at the Farm on the weekends and at his week-long workshops. She has been studying with Master William Ting for about 5 years improving her knowledge of Principles and Fundamentals plus learning his Wu Ji jing Gong Form and QiGong. She teaches and has taught taiji, qigong, and meditation at several venues in central New Jersey.

37. EXPANDING YOUR QI AWARENESS (Sunday 11:40 to 12:50)

Instructor: Shifu David Ritchie

Qi is the life force found in all things. Being able to sense qi in yourself and others is an important goal towards advancing one's taiji practice. In this workshop, Shifu David Ritchie of Central Connecticut Tai Chi Ch'uan will teach you effective techniques to help you expand your awareness of qi. You will learn the power of "mind intent" and the role it plays in qi development. You will discover the power of sensing and rooting qi. You will also discover the importance of proper structure to aid qi flow, and be taught relaxation activities that can be practiced at home. This workshop will teach valuable techniques for beginners to advanced enthusiasts.

38. TAIJI QIGONG IN 18 FIGURES (Saturday 10:20 to 11:40)

Instructor: Shifu David Ritchie

Taiji Qigong in 18 Figures was developed by Master Lin Hou Sheng in 1982. In this workshop, Shifu Ritchie will teach you this "easy to learn" qigong set which is very effective for maintaining health and aiding in the healing of illnesses. These exercises can be practiced as one routine or specific exercises from the routine can be practiced for certain medical needs. Come learn this handy qigong that can be added to anyone's self-cultivation tool set. All levels welcome

David Ritchie; Central Connecticut Tai Chi Ch'uan; www.centralconnecticuttaichi.com

39. Sun Style (Sunday 10:20 to 11:40)

Instructor: Avi Schneier

Understanding the biomechanics of Sun style In this seminar you will increase your proficiency in the 5 elements of Hsing-Yi and the biomechanics of Sun Style. The drills are great for beginner to advanced practitioners as they focus on proper form, building power, and linking the hand movements to the steps.

Avi Schneier - is a head instructor of Tai Chi Chuan at Three Treasures, LLC for the forms developed by Cheng Man-Ching and Sun Lu-Tang. He specializes in push hands and self-defense skills. He is a longtime student of Sifu William Phillips. www.patienceTaiChi.com

40. Self-Massage for Good Health (Sunday 2:00 to 3:30)

Instructor: Jennifer Steffener

Learn how to stimulate the flow of healing qi (energy) in the body's main meridians to promote good health. This workshop will also teach you how to locate blockages and stagnation in your own body which may be contributing to health problems, and how to help alleviate those problems using your own natural healing system.

41. Reflexology (Saturday 4:40 to 5:50)

Instructor: Jennifer Steffener

All parts of the body are mirrored in the hands and feet. Through pressure applied to the reflex points, stagnant energy is released. Reflexology improves circulation, elimination and function of the nerves, glands and organs. It promotes balance and relaxation. (May be performed fully clothed)

Jennifer Steffener is a Certified Massage Therapist and an accomplished Tai Chi Instructor, as well as the director of the Three Treasures School of Healing Arts. She is a senior student of the late Grandmaster Jou, Tsung Hwa and while residing at Tai Chi Farm, began teaching and assisting with classes and events in 1995. Contact # 973-670-4064 taichisurfer@hotmail.com.

42. Tai Chi, Qigong, and Pain Relief (Sunday 3:20 to 4:30)

Instructor: Dr. CJ Rhoads

Those of us who have been practicing Tai Chi or Qigong daily know how well it works as a pain reliever - especially for chronic pain. Research also points to evidence that it is also effective as a preventative for a myriad of physical ailments including heart failure, cardiopulmonary respiratory disease, diabetes, shingles, digestive disorders, Parkinson's disease, many types of cancer, arthritis and auto-immune disorders. But HOW? What is the actual mechanism that enables Tai Chi and Qigong to work? Physicians prescribed aspirin for headaches decades before science figured out exactly how it works (which wasn't until the seventies), but they are much less likely to encourage their patients to try Tai Chi until scientists have figured out how it works. Oddly enough, the science into health also reveals some of the "secrets" in why Taijiquan works better than external martial arts in a physical altercation.

Dr. CJ Rhoads. has been studying Taijiquan for twenty four years. Rhoads is one of the founding members of the Taijiquan Enthusiasts Organization, a worldwide virtual organization of health and martial artists. She is also the developer of a leadership and self-development curriculum for children based upon the principles of Taijiquan. She holds several certifications to teach Taijiquan, is a professional member of the National Qigong Association, and has been named Taijiquan Promoter of the Year. Rhoads has firsthand experience regarding the transforming powers of the gentle art of Taiji. CJ was in a devastating car accident in 2002. In 2004 she was still in severe pain and could not work. Just a few years later, with the help of a team of doctors and pain management specialists, and through a combination of Taijiquan, Pilates, Massage, and Myofascial Release she was able to mitigate her injuries. She was not only able to return to work, but was able to exceed all expectations. Since then she was named one of Pennsylvania's Best 50 Women in Business, an Athena award winner, and one of the Most Influential Women in Eastern PA. She was also named the National Champion and Gold Medal winner in Female Push Hands in October 2009 in the International Chinese Martial Arts Tournament circuit. www.taijiquanenthusiasts.org

43. Swimming Dragon Qigong (Sunday 4:40 to 5:50)

Instructor: Lynn Teale

Lynn will lead participants through a series of movements which imitate the serpent-like motion of an imaginary dragon as it dives from the sky into the sea, first swimming down, then swimming back toward the sky. The movements stimulate acupuncture points which connect to major organs, thereby stimulating the flow of qi, blood, and lymph to promote and enhance good health, longevity, and stress relief.

Lynn Teale was a student of Marter Jou in Tai Chi form as well as a student of Sifu Jay Dunbar.

44. A Distinct Recipe :: Master Jou's Master Key (Saturday 2:00 to 3:10)

Instructor: Dr. Christopher Viggiano

This workshop is an Introduction and review of the well-tested training method and Discipline that Master Jou followed throughout his many years of self development and refinement. Regardless of one's attachment to any particular style ... the foundation will always remain, steadfast & true as the key that unlocks the Mind - Body - Energy Synergy is found in the 5 Elements in the Feet and the 8 Energetic Trigrams in the Hands & Arms ... also known as Shi San Shi or the 13 Original Postures. Master Jou states, " We can even reach high technical achievement, but without the Master Key, we should not call our art Tai-Chi Chuan ... the Master Key is not related to any particular style. Instead it makes one family of all the diverse forms of Tai-Chi. The Master Key is not a shortcut ... the highest is the simplest, but the simplest is the most difficult. It is the conscious embodiment of the fundamental way in which change occurs naturally in this world."

45. Guo Lin Anti-Cancer Walking Qigong (Sunday 10:20 to 11:30)

Instructor: Dr. Christopher Viggiano

This workshop is an introduction to the well respected "Anti - Cancer Qigong " Discipline developed by Master Guo Lin in early 1970's. This unique sequence of self-directed bio-energetic modification healing processes utilize specific Mental imagery, Breath Work, Body Positioning and notably a walking pattern which ignites the inborn immune system to defend and fight against acute & chronic disorders, diseases and ailments.

Dr. Christopher M. Viggiano - Master Teacher & Family Medical Provider :: with over 40 years of Martial Arts Training and 30 years of teaching, received his Master's License and Teaching Degree in 1987. He is the Co-Founder of the Master Jou, Tsung Hwa Tai Chi Memorial Park, with Bruce La Carrubba, in which he designed and built the training grounds commencing in 2000. His association with Master Jou began in 1980 while apprenticing under Grandmaster Robert L. Murphy whom was a close friend and colleague of Master Jou since the early 1970's. Master Viggiano is Founder & Headmaster of Shen Wu Dao Martial & Healing Arts in which he presents monthly Continuing Education Workshops in order to Preserve, Promote & Propagate the Philosophy, Science and Art Form of the Martial, Healing & Spiritual Arts. He is Co-Founder of the United Fellowship of Martial Artists with Dr. John Hsi Lee and Co-Founder of Sword Stick Society International with Grandmaster Lou Lledo. From his unwavering dedication and continual accomplishments in research and development he has been inducted into numerous Hall of Fames and has vowed to continue to Research & Develop these Magnificent Arts for the Present & Generations to follow for the betterment of all who seek these Cherished Disciplines.

46. Ching Loong San Dian Xue Mi Gong (Sunday 9:00 to 10:10)
Fa Family Style QiGong
Instructor: Dr. Jonathan B. Walker

This is an extension of last year's workshop, Ching Loong San Dian Xue Mi Gong Fa Family Style QiGong conducted by SiGung Jonathan B. Walker, PhD, a 6th generation practitioner of this style and related QiGong Therapy. We will "Build the Foundation" by advancing into intermediate breathing techniques coordinated with the animal movements of the "Goose, Bear, Tiger and Turtle." Other techniques will be learned and incorporated into the natural elements utilizing the Sun, Moon, Mountains and Ocean.

47. Push Hands: An Exercise in Nonverbal Communications (Saturday 9:00 to 10:10)
Instructor: Dr. Jonathan Walker

Push hands is a gravely misunderstood practice. It has been taught and practiced as a physical exercise, a competitive sport, a martial fighting style and much more. However, push hands has but one main purpose and only one : to develop a high level of sensitivity in oneself to enable a greater degree of awareness and self-management in a non-threatening and harmonious manner. SiGung Jonathan B. Walker, PhD, will bring the Push Hands experience and practice to you at a rudimentary level rarely taught or experienced: non-verbal communication. Learn what Push Hands is all about from: the **inside** out!

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Dr. Jonathan Walker www.qissagebodysystems.org/founder (<http://wceo.htm>)

48. Sanjiquan-The 3 Sister Arts: (Sunday, 11:40-12:50)
Taijiquan-Baguazhang-Xingyiquan,

Instructor: Dr. Christopher Viggiano

This workshop is chapter of a “Living Book” from the Internal Gong Fu Family System called Neijiaquan 極拳 which is divided into three distinct expressions and disciplines of each family member ... that being Taijiquan (Chen, Yang, Wu Styles, etc ...), Baquazhang 八卦掌 (8 Trigram Palms) and Xingyiquan 形意拳 (Form Mind Boxing). Based upon traditional Theory & Application the students will learn a combination Dynamic Stance Work Pattern (Bu Jin Gong Fa 步勁功發) to re-enforce the 3 Sister Arts while walking the traditional Posts / Gates in the Tai Chi Memorial Park Bagua Garden. Emphasis will be placed upon the Mind, the Breath and Whole Body Positioning while tapping into and integrating the 3 Powers of Heaven - Tian 天, Man – Ren 人, Earth - Di 地 (San Cai 三才) and the 3 Treasures (San Bao 三寶) housed in the 3 Dan Tians 三丹田 ... known as Jing 精, Qi 氣 & Shen 神.

Please make checks payable to Master Jou Birthday Celebration and mail to:
Master Jou, Tsung Hwa Memorial Tai Chi Park
818 Rt. 23
Wantage, NJ 07461