

Wu Xing Quan Pdf Download

<p>Saturday, November 2, 2013</p> <p>8:00am - Noon: Xing Yi Basics - Chen Zhong (Post Standing) - San Yi - 8 Basic Fists - Wu Xing Quan Quan Ji Basic Fists Linked Form</p> <p>Noon - 2:00pm Lunch & rest period</p> <p>2:00 - 4:00pm: Review and corrections on the Linked Fist Form - Wu Xing Quan Ji Basic Fists Partner Forms</p>	<p>Sunday, November 3, 2013</p> <p>8:00am - Noon: Xing Yi Basics - Variations of the 8 Basic Fists - Jin Tai Li San Huan Quan (Advance and Retired Linked Fist)</p> <p>Noon - 2:00pm Lunch & rest period</p> <p>2:00 - 4:00pm: Shi Shou Pao (Shield Hands) Clash Partner Form - Xing Yi Spilling Applications</p>
<p>Saturday, November 9, 2013</p> <p>8:00am - Noon: Xing Yi Basics - An Shen Pao (Punch the Body Cannon) - Jing Yi's partner partner form teaches many of the fighting principles of the art.</p> <p>Noon - 2:00pm Lunch & rest period</p> <p>2:00 - 4:00pm: Za Shi Chai (Misture of Movements - a traditional and advanced set form)</p>	<p>Sunday, November 10, 2013</p> <p>8:00am - Noon: 12 Animal Forms - Long (Dragon), Hu (Tiger), Hou (Horse), Ma (Horse), Tai (Elephant) - 8 (Elephant)</p> <p>Noon - 2:00pm Lunch & rest period</p> <p>2:00 - 4:00pm: Tai Shuang Xing (Twinrow Hawk), Shi Shi Xing, Tai (Tai Bird), Jing Shuang Xing (Bird)</p>
<p>(This seminar is reserved for indoor students)</p>	
<p>Saturday, November 16, 2013</p> <p>8:00am - Noon: Long Shou Bagua 64 Palms (8 Inner Forms of Bagua)</p> <p>Noon - 2:00pm Lunch & rest period</p> <p>2:00 - 4:00pm: Xing Yi San Quan Jing Yi Continuous Fist - a rare and advanced fist form.</p>	
<p>Sunday, November 17, 2013</p> <p>8:00am - Noon: Du Tai San Quan Pao (Nine-Section) Linked Clash Partner Form.</p> <p>Noon - 2:00pm Lunch & rest period</p> <p>2:00 - 4:00pm: Xing Yi Fighting Sets (short fighting sequences practiced with a partner).</p>	
<p>All seminar participants will be graded and receive a certificate from Master Di Guoyong designating the proficiency level. Master Di visits regularly so this is a great opportunity to get ranked in the Hebei Xing Yi system.</p>	
<p>REGISTRATION FORM</p> <p>Check the seminar dates: November 2-3 _____ November 9-10 _____ November 16-17 (Reserved for indoor Students) _____</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>CITY: _____ STATE: _____ ZIP: _____</p> <p>PHONE: _____ EMAIL: _____</p> <p>Space is limited. Mail your registration form with \$80 deposit to reserve your spot. Balance due IN CASH onsite.</p>	

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