

ONE DAY SEMINARS

1. TAI CHI QIGONG (Both the Meridian Set & the Coiling Set)
2. BAGUA ZHANG QIGONG (Both Stationary & Moving Sets)
3. ERMEI QIGONG (Qi Permeating Technique, Building Qi with Buddha Palms, Activating the Girdle Vessel and Increase Memory Qigong)
4. CHIN NA (All Levels)-put some bite in your training
5. TAI CHI SYMBOL TRAINING (Stationary & Moving)
6. DA LU SET (Stationary & Moving)-2 person ultimate flow training
7. TAI CHI 5 FIGHTING SETS (Stationary & Moving)
8. PENG, LU, JI & AN 2-PERSON SET (Stationary & Moving)
9. BAGUA MOTHER PALMS (Palms 1-4)
10. BAGUA MOTHER PALMS (Palms 5-8)
11. TAI CHI PUSHING HANDS (Single & Double)
12. SHANG SHIA DZE- 2 person Tai Chi fighting set using cover & repel
13. XING I CHUAN (5 Element Fists & 2-Person Matching)
14. XING I CHUAN (5 Element Linking Form & Moving 2-Person Matching Set)
15. XING I SWORD (Divine Gust & Thunderbolt Form & 2-Person Matching Set)-learn to use anything as a weapon
16. BAGUA SWORD (8 changes and their applications)
17. "INTELLIGENT HANDS" OPEN HAND CONTROLLING (Swat Team Course)-learn to defuse, position & control the internal way
18. "INTELLIGENT HANDS" WEAPON DISARMING (Swat Team Course)- fun; we use plastic bats & weapons to hone our abilities
19. MEB/ASP EXPANDABLE BATON CERTIFICATION COURSE
This four hour course consists of the full basic physical and written components, including testing, to qualify under the Monadnock company.

2 DAY SEMINARS

1. TAI CHI SABER
2. TAI CHI STAFF
3. TAI CHI SWORD
4. BA GUA ZHANG 8 MOTHER PALMS with 2 person fighting forms for each palm)
5. BA GUA ZHANG DEER HOOK SWORDS complete sword form
6. TAI CHI 2-PERSON SPARRING SET (88 movement form)

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Qigong, Tai Chi, Hsing I, Ba Gua, Meditation & Mind/Body Healing - seminars, private & group*