

# A.S.I.A. Continuing Education Series

WITH SHIFU ALAN MARSHALL

## Weekend Workshop at Internal Gardens



### **THE LI FAMILY XINGYI SERIES:**

#### **THE DAO OF WATER FIST FOR HEALTH AND MARTIAL ART**

**Weekend workshop:** Saturday - Sunday; July 12 - 13, 2008

**Time:** Sat - 9:00 AM to 5:00 PM / Sun - 9:00 AM to 1:00 PM

### **ZUANGQUAN QIGONG**

**Friday night workshop:** Friday; July 11, 2008

**Time:** 7:30 PM to 10:00 PM

**Location:** Internal Gardens School of Taijiquan; Wantage, NJ

For more info or to register call 973-670-6582 or visit: [www.AmericanSocietyofInternalArts.org](http://www.AmericanSocietyofInternalArts.org)

### **ZUANQUAN ZHANDOU: WATER FIST COMBAT (July 12 - 13, 2008)**

In xingyiquan, this classical form is known as “Zuanquan,” or “Drilling,” beginning with a sweeping downward action of the front palm, accompanied by a sinking of the torso and coupled with a sudden brisk upward rising punch. The intention of this practice is to create an attitude like that of ocean waves. Internal Garden presents Shifu Alan Marshall, senior instructor of the Gompa School in Arlington, Texas, instructing a two-day intensive program of Zuanquan from the Li family tradition. Students will learn both health and martial concepts of this amazing internal martial art based on the Chinese five element theory (Wuxing). Each posture of Li family xingyiquan is a very powerful self defense tool in and of itself. Each of the fists can be practiced on the right and left sides thus allowing the student to learn the basic stance and movements of Water Fist as a linked form that can be practiced alone or in combination with other Xingyiquan fists. Shifu Marshall will explain proper body mechanics, stances, postures, stepping actions for full body power and applications of the Zuanquan. Students will be introduced to two-man games and basic applications.

**PLUS FRIDAY NIGHT WORKSHOP \*\*\*FREE\*\*\* FOR THOSE WHO SIGN FOR THE WEEKEND!**

### **ZUANGQUAN QIGONG (July 11, 2008)**

The symbolic movement of water in xingyiquan is that of one rising and the other falling. Li family qigong makes use of visualization and movement with breathing exercises to stimulate the related organs and meridians. In Zuanquan Qigong, if the action is done correctly it brings an adaptogen-like balance to the health of the kidneys and bladder organs and meridians. The prostate or uterus is also benefited by daily exercise of the Li style xingyiquan water exercise. Included will be qigong visualizations, color imagery, time of day for best practice and how water qigong fits into the five element theory.

#### **Early-Bird pre-registration to 7/6/08**

Weekend workshop with FREE Friday night workshop: \$240

Friday night workshop ONLY: \$85

#### **Late pre-registration 7/7/08 – 7/10/08**

Weekend workshop with FREE Friday night workshop: \$260

Friday night workshop ONLY: \$95

#### **Walk-in registration in effect beginning 7/11/08**

Weekend workshop with FREE Friday night workshop: \$280

Friday night workshop ONLY: \$110

#### **Workshop Location**

The American Society of Internal Art’s Continuing Education Series workshops are held at Internal Gardens School of Classical Taijiquan, which operates from a private studio located in a residential neighborhood located at: 4 Holly Court; Wantage, NJ 07461. Door-to-door directions can be found by visiting our website at: [www.InternalGardens.com/school/schoollocation.html](http://www.InternalGardens.com/school/schoollocation.html). Internal Gardens is a formal, carpeted studio. STREET SHOES ARE NOT ALLOWED. You may wear a pair of “indoor only” practice shoes or go in socks. This is our studio policy - we appreciate your cooperation.