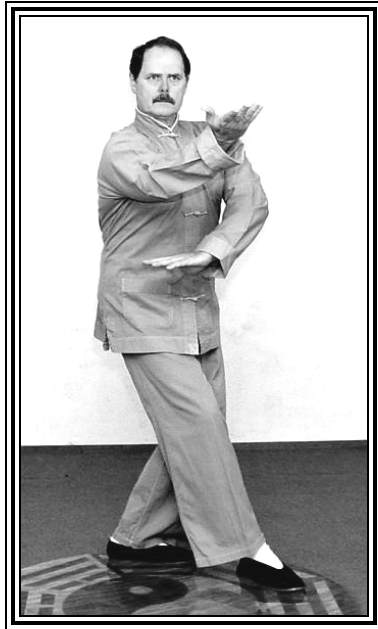


# Dragon Rolling The Pearl Jiulong Baguazhang

Post Festival Workshop June 6-10



## *The Internal Arts Challenge*

Before his untimely death Master Jou, Tsung Hwa confided to his long time friend Dr. John Painter that he believed Baguazhang was the most complex of all the internal arts and he challenged him to find a way to teach the art so it could regain the internal power that is now missing in so many modern versions and yet still be presented in a clear way so it could be understood by everyone.

## *Ten Years of Research*

After ten years and thousands of hours of research to accomplish this task Dr. Painter has answered the challenge and now this new method is ready to be presented to students of the internal arts everywhere. Dr. Painter with the help of Shifu Robert Castaldo has broken down the training concepts of Baguazhang into easy to understand simple elements that when added together create a roadmap to internal Baguazhang skills that is second to none.

## *Taking The Mystery Out of The Internal Arts*

If you truly understand the basic skills then it is only a matter of time and hard work (Gong fu) and you can achieve a high level of skill in any method. This is what we now call Dragon Rolling The Pearl, the bedrock foundation of physical, mental and internal power development all presented in one crystal clear package. This is our New Jiulong Baguazhang Basics Program being introduced fittingly at the Zhan San Feng Festival Post Training Camp.

## *Five Days of Intensive Training*

Don't miss our five day intensive Jiulong Baguazhang training camp to be held in East Stroudsburg PA June 6<sup>th</sup> through the 10<sup>th</sup> of 2005. We will spend five days training the Nine Dragon Baguazhang Dragon Rolls The Pearl, New Jiulong Baguazhang Basics in two sessions of morning and afternoon on the beautiful college campus at East Stroudsburg University.

## *Open To All - Beginners Welcome*

This program is open to all from beginners to advanced practitioners. Come work with some of the most knowledgeable and skilled Baguazhang instructors in America. Jiulong Study group leaders from around the world will also be attending to focus on improving their teaching skills in the new Jiulong Baguazhang basics program so don't miss the opportunity to get in on the ground floor of the most sought after Baguazhang system in the world today.

## *The program includes*

- Meditation
- Daoyin Yoga warm up
- Standing Qigong forms
- Stationary forms
- Linear Walking Forms
- Circle walking Forms
- Neutralize strikes
- Push hands
- Practical applications
- Teacher training

**LIMITED ENROLLMENT - SIGN UP TODAY**

**To register**

**Call ASIA: 973-670- 6582**

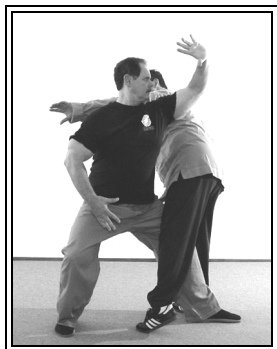
**At The Festival See Jim Donnelly**

**Website: [www.americansocietyofinternalarts.org](http://www.americansocietyofinternalarts.org)**

**Full online registration available**

# Dr. Painter's Zhan San Feng Festival Workshops

## June 2-5 See Festival Packet for Day and times

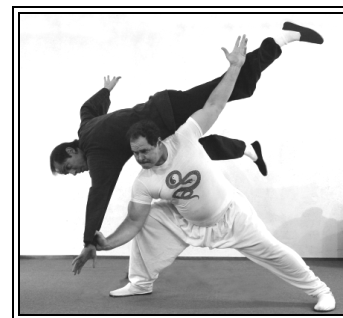


### 1. Cili-quti Jin / Magnetic Human Body Power

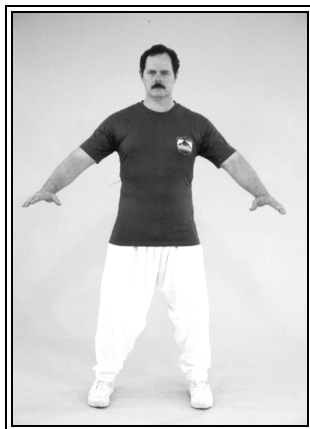
Is it possible to lead another Qi and physical body with a light touch or even no touch? Explore concepts originated from the Wudang internal training that use the Yi (intention) in harmony with the Xin (heart / emotions) to create a method of tapping into another persons nervous system so they respond to your actions even in the middle of a confrontation. Dr. Painter instructs you in these principles and exercises using ancient postures explained through modern medical, neurological and psychological concepts linked to correct biomechanics. A must study for push-hands students or any serious internal martial artist. The program will include standing forms and two person exercises to develop this skill.

### 2. Baguazhang Qinna Shifang-zhang (Escape & Evasion Palms) No Bagua Experience Necessary

Qinna means to seize or lock. Baguazhang Shifang-Zhang Qinna is part of the martial art methods from the Nine Dragon system designed to teach you how to escape effortlessly from grasping attacks and attempted lock and holds applied from the front, back and sides of the body. This program taught by Dr. John Painter includes Baguazhang Qinna, escape and evasion methods for dealing with arm, wrist & elbow locks. You will also be shown and a safe fun Baguazhang moving step Qinna push-hands exercise using the Shifang-Zhang methods taught in the class. This program is highly recommended for anyone from any style interested in practical self defense methods of the internal arts.



### 3. Yi-Zhang Tian-zhan Quiet Standing Qigong



This group of five special standing exercises devised by the Li family of Sichuan province is an amazingly simple yet powerful Qi stimulation method for the entire body and meridian system. It helps the student become familiar with the major points of energy used in all internal martial art practices while allowing the body to become balanced, sensitive and more open to enhanced Qi flow. Tian-Zhan Yi-zhang (quiet standing intention palm) gives good results from the five postures even if practiced for only a few minutes each day. Dr. Painter will explain exactly how to use these five forms, how and why they work and how to activate the internal energy in coordination with breathing exercises and visual imagery for maximum results with minimum effort. You will also learn the correct times and directions for enhanced Qigong skills. These methods are known as passive Qigong forms because the body does not move only the mind is active. An illustrated workbook will also be available for interested students.

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