

# Tai Chi, Qi Gong and Pushing Hands Seminars

Limited Space Available. Please Reserve Your Space ASAP!



## Saturday, October 13

**Morning Session: 9-10:30am**  
**Foundations of Tai Chi and Qi Gong**  
 Level: All levels

- Understand the Concepts: Qi Gong, Tai Chi
- Qi Gong exercise: Eight Pieces Of Silk (Ba Duan Jin)
- Experience Tai Chi movements
- Standing Qi Gong: Zhan Zhuang

**Mid-Morning Session: 10:30am – 12:00noon**  
**Pushing Hands – the Art of Being Pushed**  
 Level: All levels

- Push Hands – the art of being pushed – not pushing. Applications from the Yang Style form. Stationary & moving step footwork.

NOTE: No sumo wrestling or aggressive behavior. This is a scholar-level workshop designed for Tai Chi practitioners.

*Lunch Break – 30 min*

**Afternoon Session: 12:30 – 2:00**  
 Understanding Chinese medicine, Yin and Yang, five elements Daoist Chi gong foundation

***Please bring a light lunch or snacks and something to drink.***

## Sunday, October 14

**Morning Session: 10-11:30am**  
**Understanding the core of Tai Chi.**  
 Level: All levels

- Understanding the core of Tai Chi concepts: Tai Chi Wu Ji, Ba Gua
- Exercise and experience the Internal and the External
- Understand the history and styles of Tai Chi Eight Energies

*Break – 30 minutes*

**Early Afternoon Session: 12:00noon – 1:30pm**  
 Prerequisite: Recommend Attend Morning Session  
 Level: Intermediate & above

This special workshop focuses on elevating your Tai Chi skills. It is for instructors and advanced practitioners of Yang or Wu family form pursuing advanced training. Recommend participants take the workshop on Saturday, as well.

*No Break*

**Mid-Afternoon Session: 1:30-3:00pm**  
 Advanced pushing hands for stationary and moving step and also learn to use tai chi for practical use in real life encounter. This workshop is a must for serious tai chi players.

THANK YOU! We are a group of conscious people working with other conscious practitioners to promote the healing arts. We appreciate your participation and look forward to similar experiences in the near future.

### Place:

Rocky Mountain Movement  
 4380 S. Federal Blvd.  
 Englewood, CO 80110

Session	Registration	Day of Seminar	Entire Day	Entire Week end
Morning	\$45	\$55	\$120	\$220
Early Afternoon	\$45	\$55		
Mid-Afternoon	\$45	\$55		

### Masters, Teachers & Instructors:

Thank you for encouraging your students to experience new concepts from the root. As a thank you, if you register 3 students or more, the entire workshop is complimentary to you.

**Registration:**  
**Call 720-244-3927**

**For Detailed Information, Call 720-244-3927**

# Tai Chi, Qi Gong & Pushing Hands Workshops

(Taught in English & Mandarin)

“Discover the roots of Tai Chi from the village of Guang Fu -- the birthplace of Grandmasters Wu Yu-Xiang and Yang Lu Chan, the founder of Yang Tai Chi. “

*Enjoy the Holidays Stress Free with Chi !*

Two **Full Days** of Workshops!

**Saturday, October 13**

9:00 – 10:30am

10:30 – 12:00noon

12:30 – 2:00pm

**Sunday, October 14**

10:00 – 11:30am

12:00noon – 1:30pm

1:30 – 3:00pm

(See Back for Schedule & Fees)



## Dr. Ke Zang

- Disciple of world renowned Tai Chi Grand-Master Zhong Zhen-Shan (钟振山)
- National board certified master acupuncturist and herbalist.
- Doctorate in chiropractic.
- Taught acupuncture, oriental medicine, Tai Chi, Qi Gong, TCM, and biomedicine.
- Professor and clinician for over 20 years.

Discover the Roots of  
Tai Chi  
with Dr. Ke Zang  
Straight from the Village of Guang Fu

Hosted by Rocky Mountain Movement

4380 S. Federal Blvd.

Englewood, CO 80110

**For Info, call 720-244-3927**



“Experience the Art of Pushing Hands” with special guest **Master Xtophe Clarke**, three time national push hands champion