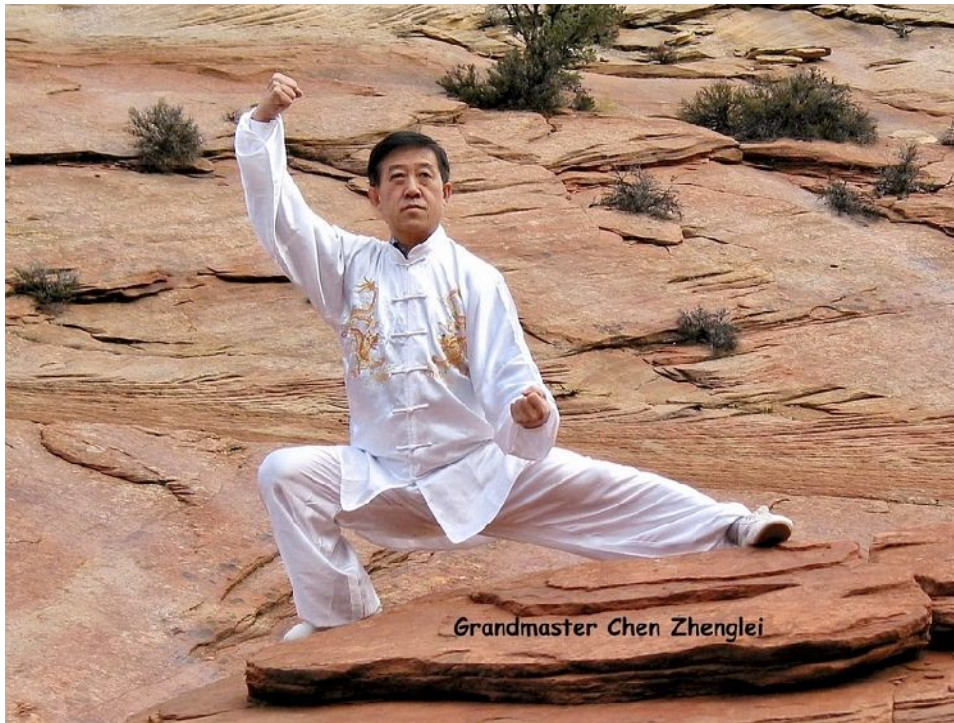


Grandmaster Chen Zhenglei Workshop Nov 7 & 8 Washington D.C.



Topic: *Old Frame II Canon Fist (Laojia Erlu or Paochui)*

While in the *Yilu* or First Routine, you train to develop *qi* and the *rou* (softness), in the Second Routine or *Paochui*, you learn to acquire the expressiveness of Taijiquan power. You can also think of the the *Erlu* Routine as training to manifest the *gongfu* (the power and skills of the art), while the *Yilu Routine* as the *gongfu jia*, that is, the basic training routine to *xia gongfu* (to attain *gongfu* of the art). In this sense, the *Paochui Routine* is the complement of the *Yilu Routine*.

Learning and practicing the *Erlu Routine* is essential to your development and understanding of Taijiquan and it will reinforce your insights of *Yilu* training, and why you spend such an inordinate amount of time to cultivate the *soft-rou* of the art. You will have an experiential appreciation of how through *rou* (softness), you express and develop *gang* (hard power), that is, to taste the true *yin-yang flavors of jin* internal strength.

THIS IS A MUST-ATTEND WORKSHOP for anyone who seeks higher levels of the art.

Sat Nov 7 and Sun Nov 8

9:00 am to 12:00 noon morning sessions

1:30 pm to 4:30 pm afternoon sessions.

Fees: \$245.00 for two days, \$145 for one day.

Late Registration Fee: \$25.00 applies if not paid before Oct 30 2009.

Place: Bretton Woods Clubhouse, 15700 River Road, Germantown, MD, 20874.

CALL OR EMAIL NOW TO REGISTER EARLY.

Tel: 301-299-8116 or 240-447-8134

Email: cpong@goTaiji.com

Make checks/payments to: C.P.Ong, 11420 Beall Mountain Rd, Potomac, Md, 20854

Hotel Accommodation:

Holiday Inn Hotel

2 Montgomery Village Ave, Gaithersburg, MD, 20879.

301-948-8900 1-800-HOLIDAY

SPECIAL RATE: \$79.00/ROOM (up to four occupants)

PLEASE MAKE YOUR RESERVATIONS early (Mention Chen Taiji Group)

