



JING YING

INSTITUTE

1195 Baltimore Annapolis Blvd, #6
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May 22, 2006 - Jing Ying Institute Presents:

*Authentic Chen Village training with
Master Chen XiaoXing:
TaiJi Straight Sword Basics/Corrections*



Master Chen XiaoXing

- ☯ Began teaching Tai Chi in 1976
- ☯ Headmaster of Chen Village Tai Chi School
- ☯ Trains all the top fighters from Chen Village
- ☯ Multiple gold medal winner in Henan Provincial Tournament in traditional forms, push hands & sword

Chen Style Tai Chi is considered the source of the major styles of Tai Chi. The founders of both Yang Style and Wu style trained at the Chen Village, then left and opened their art to the public. While those styles spread and became popular, Chen style continued to be taught only in the Chen village and was not as well known. Now the secret is out, and Chen TaiJi is gaining in popularity as people discover the silk reeling exercises and coiling movements of this style.

Chen XiaoXing lives in Chen Village and ensures the Chen family tradition is passed on to the next generation of villagers and an increasing number of outside visitors. Despite the influx of visitors who come to Chen Village to train, Chen XiaoXing retains the spirit and lifestyle of his ancestors which was focused on family, farming and taiji. He rarely leaves the village, so training with him usually requires a trip to China. We are very fortunate to have this opportunity to experience Chen Village training in Maryland! Chen XiaoXing's host on the East Coast, Stephan Berwick of the True Tai Chi program in Virginia, views this rare seminar at Jing Ying Institute as an important step towards exposing this little-known, yet esteemed master to select TaiJi enthusiasts in the USA.

This workshop is suitable for all levels and even those who have not practiced weapons will learn important principals that apply to all forms. Practice swords or sticks will be available, but we encourage you to bring your own sword and extras to share (please mark with your name on a label or tape)

Location: Jing Ying Institute, 1195 Baltimore Annapolis Blvd, #6, Arnold MD 21012
Date: Monday, May 22, 2006
Time: 7:00 pm to 9:00 pm
Cost: \$60
Payments: Check, credit card or cash. Make checks payable to Jing Ying Institute. You can register and pay on-line at: <http://www.JingYing.org/events.html>

*Participants under age 18 must have a release form signed by a parent or guardian.
Proceeds will go toward the Jing Ying AC fund.*