

# WINTER 2012 CLASS SCHEDULE

	TIME	COURSE	LEVEL	DATE	WEEKS	INSTRUCTOR
MONDAY	5:30-6:40 pm	Yang style Form 2: cultivation of energies & investing in stillness	I/A	1/9-3/26	quarter	Jason Ames
	5:30-6:40 pm	Yang style Tai Chi Form 2: Applications & San Shou	A	1/9-3/26	quarter	Ian & staff
	6:50-8:00 pm	Two-Person Training & Push Hands	I/A	1/9-3/26	quarter	Ian & staff
	6:50-8:00 pm	Evidence-Based Taiji & Qigong Curriculum (Chen 7 Form) <b>FREE</b> class 1/16	All	1/23-4/2	10 wks	Jason Ames
TUESDAY	9:15-10:30 am	Evidence-Based Taiji & Qigong Curriculum (Chen 7 Form) <b>FREE</b> class 1/3	All	1/10-4/3	12 wks	Jason Ames
WEDNESDAY	12:00-1:00 pm	Qigong: Breath, Balance and Alignment	All	1/25-3/21	8 wks	Ian Gamble
	4:00-5:00 pm	Yang style T'ai Chi Sword Form <b>Introduction</b> , Practice & Drills	I/A	1/4-3/28	quarter	staff
	5:30-6:40 pm	Beginning Yang style form	B/I	1/11-3/28	quarter	Elmo Mackay
	5:30-6:40 pm	Yang style Form 2: Five Elements and Form	A	1/4-3/28	quarter	Susan Cromwell
	6:50-8:00 pm	Yang style Tai Chi Saber (Doa) Forms	I/A	1/11-3/28	quarter	Elmo Mackay
THURSDAY	9:00-10:30 am	Yang style Tai Chi Form 2: research & development	A	1/26-3/29	10 wks	Ian & staff
	9:00-10:15 am	Primordial Qigong (via Portland Adult Ed. @ 775-0432) <b>FREE</b> class 1/12	All	1/19-3/29	10 wks	Jason Ames
	12:00-1:00 pm	<b>Open Studio w/tutor - free for current students</b>	All	2/2-3/29	quarter	various
	1:20-2:30 pm	Yang style Tai Chi Form 2: refinements		1/5-3/29	quarter	Jason & Ian
	5:30-6:40 pm	Tai Chi Fundamentals <b>FREE</b> class 2/2	B	2/9-3/29	8 wks	Alex Wong
	5:30-6:40 pm	Qigong & Yang/Chen style Form Development	A	1/5-3/29	quarter	Jason Ames
	5:30-6:40 pm	Yang style Form 2: WCCChen body mechanics for qi cultivation & applications	I/A	1/5-3/29	quarter	Ian & staff
	6:50-8:00 pm	Yang style Tai Chi Form 1: section 3	I	1/5-3/29	quarter	Jason Ames
	6:50-8:00 pm	Yang style Form 1: section 4 <b>with WCCChen body mechanics</b>	I	1/5-3/29	quarter	Ian & staff
SATURDAY	8:00-9:00 am	Healing Sounds Qigong & Breathing Techniques <b>FREE</b> class 1/28	All	2/4-3/31	8 wks	Susan Cromwell
	9:15-11:15 am	5 Element Theory class held on Jan. 14, 28, Feb 11, 25, Mar. 10, 24, Apr. 7, 21 cost is \$200 or \$37 per class				Susan Cromwell

B=BEGINNER I=INTERMEDIATE A=ADVANCED ALL=ALL LEVELS

— CLASSES HELD IN YARMOUTH, S. PORTLAND, & SCARBOROUGH —

OFFERED BY	DAY	TIME	DATES	COURSE	CALL TO REGISTER	LOCATION
Full Circle Synergy	Tues.	9:00-10:10 am	1/17-3/27	Yang style Tai Chi Form 1: section 4	780-9581	UU Church - Yarmouth
MaineHealth Resource Center	Tues.	5:45-7:00 pm	1/24 - 3/27	Tai Chi and Qigong for Health	866-609-5183	MaineHealth Scarborough Campus
South Portland Parks & Rec.	Wed.	9:00-10:15 am	1/11-4/4	Evidence-Based Taiji & Qigong Curriculum	767-7650	Community Center - S. Portland

ALL CURRENT & PAST STUDENTS ARE INVITED TO JOIN US FOR  
AN EXTENDED, FREE 2-HOUR TAI CHI / QIGONG WORKOUT  
FRIDAY, FEBRUARY 10TH 5:30-7:30 PM

## FEES FOR CLASSES AT 500 FOREST AVE- PORTLAND

**T'ai Chi Fundamentals & QiGong**

8 weeks \$95

10 weeks \$125

12 weeks \$150

Fees vary for classes offered outside of 500 Forest Ave.

Students enrolled in a Form I class may attend additional form classes in prior or equivalent sections, and Tai Chi Fundamentals for no additional fee.

**To register for classes call 780-9581**

Fees are pro-rated \$12 per class for students joining mid-quarter.  
Drop-In Fee: \$15 per class.

### FEES FOR QUARTERLY CLASSES

1 class a week    2 classes a week    3+ classes

Jan. 9th- Mar. 29th

\$170

\$295

\$355

www.fullcirclesynergy.com

# COURSE DESCRIPTIONS

## **T'AI CHI FUNDAMENTALS (TCF)**

This class explores fundamentals of T'ai Chi and Qigong, offering a good foundation for learning the T'ai Chi form. In particular we explore the dynamic relationships between stillness and movement, expanding and condensing, opening and closing. Gentle rhythmic pulsations of movement stimulate the body's natural circulation allowing stuck places to move, weak places to activate and energize, and places of strength or tension to harmonize and integrate with the whole body. Expect improved balance, reduced stress, and a calmer mind. Western Medical Research confirms that T'ai Chi is important complimentary therapy for a wide range of chronic and acute ailments.

## **YANG STYLE T'AI CHI FORM CLASSES**

Yang Style T'ai Chi Form is a 10-15 minute moving meditation. Students often learn the Form after T'ai Chi Fundamentals, although TCF is not required. The practice of T'ai Chi Chuan Form is an ancient and profound method of understanding the self-healing and self-defense practice of T'ai Chi.

### **FORM 1**

Classes teach the 60 movements of William C.C. Chen's short Form in 12-15 months. The 60 movement Form is divided into five sections to clarify the curriculum: Section 1 (#1-8), Section 2 (#9-20), Section 3 (#21-30), Section 4 (#31-52), Section 5 (#53-60 and review). In addition to learning the movement mechanics, students develop their own practice, which allows them to "take home" the stress reduction and active relaxation methods of T'ai Chi. Any student enrolled in a Form 1 class may attend any additional form classes that are in prior or equivalent sections of the form, for no additional fee.

### **FORM 2**

Classes encourage students to explore, study, and celebrate the Yang style T'ai Chi Form. Emphasis varies depending upon the interests of the students and teachers. Topics generally follow a three-year Form 2 curriculum developed at FCS.

## **CHEN STYLE T'AI CHI FORM CLASSES**

**EBT™** (Evidence Based T'ai Chi) is the product of Dr. Yang's training with 18th generation grandmasters of the Chen style, & his work as a researcher studying the mechanisms and benefits of Tai Chi and Qigong practice. The program focus is "the most important aspects of traditional training that will yield the greatest measured benefit in the shortest amount of time." EBT contains essential static and dynamic qigong exercises & seven forms that are challenging yet adaptable to suit all levels.

**HUNYUAN CHEN STYLE** are the essential 48 forms (characteristically very big & circular) that comprise the first routine in Hunyuan Chen style Tai Chi. Static & dynamic qigong are also emphasized as essential skill developing methods

## **TUI SHOU (PUSH HANDS)**

Classes emphasize the essential qualities of Push Hands including sensitivity, neutralization and yielding, rooting and uprooting, and releasing tension during an interactive experience. Working in pairs, students experience the dynamic of Push Hands while learning to work and grow with others. As taught in this class Push Hands is stimulating and exciting, but not "competitive" in the usual sense.

## **T'AI CHI SWORD FORM**

T'ai Chi Sword form and two-person drills; FMI see website.

To save resources FCS is using email to send quarterly schedules and other information. Please send us your email address: [info@fullcirclesynergy.com](mailto:info@fullcirclesynergy.com)

## **PRIMORDIAL QIGONG**

Primordial Qigong is a powerful qigong from the ancient Taoist tradition as transmitted by renowned T'ai Chi Chuan Master Feng Zhiqiang. This accessible twelve-movement system cultivates, rejuvenates and revitalizes, blending the primordial energy of Heaven and Earth with the energy of life within the body. Open to and recommended for all levels of experience, including beginners.

## **TAI CHI DAO (SABER) FORM**

One of the four main Tai Chi weapons, the dao is a simpler weapon than the jian or double-edged sword, the techniques are fewer, and the form is shorter. Winter session students will focus on form corrections, applications, and fencing.

## **OPEN STUDIO**

Open Studio is free and available to currently enrolled students, to be utilized for unsupervised practice and sharing. Instructors and senior students will be available to assist and the FCS library and media resources are available.

## **HEALING SOUNDS QIGONG & BREATHING TECHNIQUES**

Healing Sounds Qigong uses a combination of sound, breath and movement to dispel toxins from the five primary yin organs: lungs, kidneys, liver, heart and spleen. The basic set is easy to learn and can be practiced lying down, seated, and standing, though this class will consist primarily of supine qigong. Emphasis will be placed on learning the how sound can be used to move qi on the body and students will learn how to create their own healing mantra. Students find Healing Sounds fun and playful especially when practiced in a group.

## **FIVE ELEMENT THEORY**

Class will consist of an hour of lecture on the five elements (a classical Chinese medicinal perspective on qi) and introduction to qi theory, and 45 minutes of qigong. Class will include standing, sitting and supine qigong explorations, along with breath work and vocalizations. See additional flier for individual class topics.

## **PLEASE SAVE THE DATES!**

In May 2012 FCS is proud to be hosting  
**A REMARKABLE EAST-WEST SYNERGY OF  
MOVEMENT, HEALING, MUSIC AND SCIENCE**

**MASTER TAI CHI INSTRUCTOR, MEDICAL RESEARCH SCIENTIST  
& KINESIOLOGIST DR. YANGYANG**

**&  
COMPOSER, IMPROVISATIONALIST, & VIRTUOSO ERHU PLAYER  
MRS. YINGYANG**

for a dynamic public lecture, an inspiring musical performance,  
and a series of fantastic workshops.

**MAY 10TH-12TH 2012** complete details available soon!

# Welcome to

## Full Circle Synergy

FULL CIRCLE SYNERGY SCHOOL

**OFTAI CHI CHUAN** is devoted to the study, teaching and exploration of Yang style T'ai Chi Chuan and Qigong as related internal systems of movement, meditation, healing and martial arts. We also teach the internal systems of I Ch'uan, Bagua Zhang, Women's Self-Defense, and Kun Tao/Silat (an Indonesian martial art).

The meditative and healing power of the internal arts of T'ai Chi and Qigong teach the mind and body to heal themselves, and foster a feeling of well-being through relaxation and stress reduction. T'ai Chi is also a powerful and transformative martial art, based on rooting an opponent's energy and following it until the opponent defeats himself or herself.

The School, established by Ian P. Gamble in 1994, offers classes at our Portland studio, which has three large sunlit classrooms with hardwood floors, changing rooms, showers and off-street parking for evening classes. We also teach in Yarmouth, South Portland, Scarborough, and contract with third parties to offer classes to their organizations.

We are committed to high quality teaching. We hope to share with you the practical and joyful self-healing and self-defense methods of T'ai Chi and Qigong in internal energy cultivation.

## T'AI CHI CHUAN AS A HEALING ART

T'ai Chi, sometimes called a "moving meditation," was created by Taoist monks in China 1000 to 1500 years ago by joining other healing and martial practices, to create a complete self-defense system. The mind, body and spirit are joined as one combines movement with awareness and breath. This cultivates relaxation and internal, life-force energy, known as Qi, while fostering mindfulness and a greater sense of well-being.

Self-healing through T'ai Chi develops improved alignment and body mechanics; relaxation and breath work, coupled with mental clarity and calm. This body-mind integration improves organ function and cultivates the flow of Qi. Studies prove that T'ai Chi reduces stress, improves balance and cardiovascular function, balances blood pressure, and can mitigate numerous chronic ailments. Profound self-healing requires motivation, patience, an open mind, and diligent practice.

## T'AI CHI CHUAN AS A SELF-DEFENSE MARTIAL ART

As a martial art, T'ai Chi demonstrates that one's greatest power comes through relaxation, internal peace, and emotional calm.

T'ai Chi, through Push Hands and other martial practices, emphasizes maintaining physically and mentally, the internal qualities of rooting, neutralization, sensitivity, softness and yielding. By improving balance, body mechanics, breathing and body-mind integration, students strengthen weaknesses, soften tension, minimize vulnerabilities, cultivate internal power, and improve the ability to interpret a threat. Students learn to maximize an opponent's weaknesses, to yield and neutralize without losing their root, and to project devastating power when needed. These qualities enable a T'ai Chi practitioner to return an opponents energy in a manner that ends the conflict. These techniques apply to an entire spectrum—from verbal arguments to tough business negotiations to life or death physical conflict. T'ai Chi solo work and two person work are complementary, and enable a more complete understanding and experience of the power of this internal martial art. Both are appropriate for all students regardless of age, size, sex, ability, or health.

## QIGONG

Qigong is often translated as "life-force energy (Qi) cultivation (gong)" or "internal energy work." Kenneth S. Cohen, renowned Qigong master, says that Qigong is "working with life energy, learning how to control the flow and distribution of Qi to improve the health and harmony of mind and body."

Qigong, which includes T'ai Chi, was developed over thousands of years in China as self-healing exercise, and includes healing postures, movement, self-massage, breathing techniques and meditation. There are both active and passive forms, such as sitting and standing, stillness and movement, and formal and informal (or spontaneous) practices. Among thousands of Qigong systems, some are primarily for self-healing such as Soaring Crane and Primordial Qigong while others such as T'ai Chi are powerful for both self-healing and self-defense.

Qigong cultivates internal energy, promoting greater health, vitality, and relaxation, and relief from stress and anxiety. Qigong fosters a sense of being both calm and energized and more present within one's body.

Respected and validated research has found that Qigong can improve posture and respiration, promote relaxation, improve blood chemistry, and foster greater concentration. It is also beneficial for a variety of illnesses, including asthma, arthritis, cancer, cardiovascular disease, chronic fatigue, fibromyalgia, headaches, pain and other common ailments. The benefits of Qigong are now widely known and accepted. We would love to share our knowledge and love of the art with you.

## ABOUT FCS TEACHERS



**IAN P. GAMBLE**, the principal instructor and founder of Full Circle Synergy, has been studying internal martial arts and healing since 1983, and teaching full-time since 1994. His practice includes Tai Chi, I Chuan, Push Hands, Tai Chi Sword, Tai Chi Boxing and Kun Tao/Silat. His teachers include William

C.C. Chen, Willem deThouars, Don Ethan Miller, Ken Cohen, Maurice Holton, Gene Golden, Caroline Loupe, Linda Lehnaupt and Master Duan Zhi Liang of Beijing. Ian is a 1990 graduate of the Muskie School of Public Affairs.



**JASON AMES** has been devoted to the study of T'ai Chi and Qigong since 1996. Jason is the office manager at FCS where he also is part of the teaching staff. His current and past teachers include Ian Gamble, Don Ethan Miller, Willem deThouars, Kenneth Cohen, Francisco Garripoli, William C.C. Chen, Yun Xiang Tseng, Master Duan Zhi Liang, and Dr. Yang Yang.



**ANDREW P.T. BLOOM** has been studying Tai Chi since 1991 and teaching since 1994. His practice includes Tai Chi, I Chuan, Tai Chi Sword, Push Hands, Tai Chi Boxing and Kun Tao/Silat. His teachers include Gene Golden, Don Ethan Miller, William C.C. Chen, Willem deThouars, Ken Cohen, and Master Duan Zhi Liang. Andrew is a 1993 graduate of the University of Maine School of Law.



**SUSAN CROMWELL** LAC began studying Tai Chi in 1994 and teaching since 1999. Her practice includes T'ai Chi, Kun Tao/Silat, Push Hands, I Chuan, and Soaring Crane Qigong. Her teachers include Gene Golden, Ian Gamble, Don Ethan Miller, Willem De Thouars, Ken Cohen, Michael Hunter and Chan Zhang. Susan is a licensed acupuncturist in Westbrook



**ELMO MACKAY** has been studying martial arts since 1976 and taught since 1993. He holds the rank of Shodan in Uechi Ryu Karate Do. A retired structural engineer, he now devotes his time to studying and teaching Tai Chi Chuan. His great love is Tai Chi sword. He is grateful for the patience and wisdom of past and present teachers – too many to name.



**ALEX WONG**, a graduate of UNH where he earned a Masters degree in Zoology, has been studying Tai Chi Chuan since 2000. His practice includes Yang Style Short Form, T'ai Chi Sword Form, Push Hands and Bagua Zhang. His teachers have included the staff and students at Full Circle, Don Ethan Miller, Ken Cohen, Willem De Thouars, Matthew Cohen, and Lenzie Williams.