

SPRING 2010 CLASS SCHEDULE

	TIME	COURSE	LEVEL	DATE	WEEKS	INSTRUCTOR	
MONDAY	5:30-6:40 pm	Form 1: section 2	I	4/5-6/28	quarter	Elmo Mackay	
	5:30-6:40 pm	Form 2: Methods of Refinement & Exploration	A	4/5-6/28	quarter	Ian & Jason	
	6:50-8:00 pm	Tai Chi Fundamentals	FREE class 4/5	B	4/12-6/21	10 wks	David Moltz
	6:50-8:00 pm	Push Hands	I/A	4/5-6/28	quarter	Ian Gamble	
	8:00-9:00 pm	T'ai Chi Sword Form & Two Person Drills	A	4/5-6/28	quarter	Ian Gamble	
TUESDAY	5:30-6:40 pm	Form 1: section 2	I	4/6-6/29	quarter	Ian Gamble	
	6:50-8:00 pm	Walking Qigong & Yi Jin Jing	FREE class 4/20	All	4/27-6/29	10 wks	Ian Gamble
WEDNESDAY	12:00-1:00 pm	Breath and Balance Qigong	FREE class 4/28	All	5/5-6/23	8 wks	Ian Gamble
	5:30-6:40 pm	Open Studio	All	4/7-6/30	quarter		
	5:30-6:40 pm	Form 1: section 3	I	4/7-6/30	quarter	Andrew Bloom	
	5:30-6:50 pm	EBT T'ai Chi Form & Qigong	FREE class 4/14	All	4/21-6/30	10 wks	Jason Ames
	6:50-8:00 pm	Form 1: section 5	I	4/7-6/30	quarter	Elmo Mackay	
	6:50-8:00 pm	T'ai Chi Fundamentals (register PAE 775-0432)	FREE class 4/28	All	5/5-6/23	8 wks	Susan Cromwell
THURSDAY	9:00-10:30 am	Form 2: Intention, No Intention	A	4/11-6/24	quarter	Ian Gamble	
	10:30-11:30am	Primordial Qigong (register PAE 775-0432)	FREE class 4/8	All	4/15-6/13	8 wks	Jason Ames
	12:00-1:00 pm	Open Studio with TUTOR (free for enrolled students)	All	4/11-6/24	quarter	varies	
	12:00-1:00 pm	Form 1: section 3	I	4/11-6/24	quarter	Ian Gamble	
	5:30-6:50 pm	Beginning Form 1	B/I	4/8-6/24	quarter	Alex Wong	
	5:30-6:40 pm	Form 2:	A	4/11-6/24	quarter	Jason Ames	
	5:30-6:40 pm	Form 1: section 5	I	4/11-6/24	quarter	Ian Gamble	
	6:50-8:00 pm	Dynamic Qigong & 2-Person Training	I/A	4/22-6/10	8 wks	Jason Ames	
	6:50-8:00 pm	T'ai Chi Fundamentals	FREE class 5/13	B	5/20- 7/8	8 wks	Alex Wong
	6:50-8:00 pm	Advanced Primordial Qigong	I/A	4/8-6/10	10 wks	Ian Gamble	

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

CLASSES HELD AT OTHER LOCATIONS

OFFERED BY	DAY	TIME	DATES	COURSE	CALL TO REGISTER	LOCATION
Full Circle Synergy	Tuesday	9:00-10:10 am	4/6-6/29	Form 2: Applications	780-9581	UU Church -Yarmouth
Full Circle Synergy	Tuesday	10:20-11:30 am	4/6-6/29	Form 1: section 2	846-2406	UU Church -Yarmouth
MaineHealth Resource Center	Tuesday	6:00-7:15 pm	4/6-6/8	EBT T'ai Chi Form & Qigong	885-8570	MHLRC - Scarborough
Yarmouth Community Services	Tuesday	12:00-1:00 pm	5/4-6/22	Standing/Walking Qigong FREE class 4/27	846-2406	UU Church -Yarmouth
MaineHealth Resource Center	Wed.	9:00-10:00 am	4/7-5/26	EBT T'ai Chi Form & Qigong for Seniors	885-8570	MHLRC - Scarborough
South Portland Parks & Rec.	Wed.	10:30-11:30 am	4/7-5/26	EBT T'ai Chi Form & Qigong	767-7650	Community Center - S. Portland
MaineHealth Resource Center	Fri.	4:30-5:30 pm	4/2-5/7	EBT T'ai Chi Form & Qigong	885-8570	MHLRC @ MMC- Portland

FEEES FOR CLASSES AT 500 FOREST AVE- PORTLAND

T'ai Chi Fundamentals & QiGong

8 weeks \$90
10 weeks \$115
12 weeks \$130

Students enrolled in a Form 1 class may attend additional form classes in prior or equivalent sections 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.

FEEES FOR QUARTERLY CLASSES

1 class a week 2 classes a week 3+ classes

Apr. 5- June 24 \$150 \$265 \$315

Fees vary for classes offered outside of 500 Forest Ave.

www.fullcirclesynergy.com

SPRING 2010 CLASS SCHEDULE



School of
T'ai Chi Ch'uan

May the joy that is everlasting gather in this hall...
It is the joy of continuous growth, of helping to
develop in ourselves and others the talent
and abilities with which we were born
- the gifts of heaven to mortal men.

-Cheng Man-Ch'ing

Celebrate World T'ai Chi and Qigong Day

April 24th at 10:00 am

Quad @ Cleveland Hall, Bowdoin Campus- Brunswick!

FREE & OPEN TO THE PUBLIC!

Free Intro Classes at 500 Forest Ave.

- 4/5 Monday Tai Chi Fundamentals 6:50 pm
 - 4/8 Thursday Primordial Qigong 10:30 am
 - 4/14 Wednesday EBT Form & Qigong 5:30 pm
 - 4/20 Tuesday Walking & MT Qigong 6:50 pm
 - 4/28 Wednesday Breath & Balance Qigong 12 noon
 - 4/28 Wednesday Tai Chi Fundamentals 6:50 pm
 - 5/13 Thursday Tai Chi Fundamentals 6:50 pm
- at UU church in Yarmouth
4/27 Tuesday Standing & Walking Qigong 12 noon

www.fullcirclesynergy.com

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mainetaichi.com



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

RETURN SERVICE REQUESTED

Please Let Us Know If You No Longer Want To Receive Our Mailings - 780-9581

COURSE DESCRIPTIONS

T'AI CHI FUNDAMENTALS (TCF)

This class explores fundamentals of T'ai Chi and Qigong. 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 to improve balance, release stress, and celebrate the joy of movement. This class offers a good foundation for learning the T'ai Chi form. Western Medical Research confirms that T'ai Chi is important complimentary therapy for a wide range of chronic and acute ailments.

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 Form is one 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). 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. 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.

FORM 2

Classes encourage students to explore, study, and celebrate the 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.

EBT®7 MOVEMENT T'AI CHI FORM & QIGONG

(Evidence Based T'ai Chi) The EBT program is the product of Dr. Yang's traditional training with several of the 18th generation grandmasters of the Chen style, and his work as a researcher studying the mechanisms and benefits of Taiji and Qigong practice. When devising this program, Dr. Yang asked himself the simple question: "what are the most important aspects of traditional training that will yield the greatest measured benefit in the shortest amount of time?" This program is the product of that question. It contains essential static and dynamic qigong exercises and a seven-movement introductory form that is purposely challenging yet adaptable to suit persons of all ages and abilities.

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

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.

PRIMORDIAL QIGONG

Primordial Qigong is a rare and 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.

ADVANCED PRIMORDIAL QIGONG is for students with some experience with the choreography. This class will explore the skills of mind-intent and the 8 Extraordinary Meridians - which are the ultimate focus of the choreography. This class will be accessible and of great benefit to both students who are only somewhat "advanced", and those with many seasons of practice.

DYNAMIC QIGONG & INTERACTIVE 2- PERSON WORK

Utilizing solo qigong, classes will focus on developing one's dan-tien and core integration of forward, backward, sideways, upward, downward, & splitting movements. We will also explore working with partners to develop sensitivity to another's core while maintaining awareness of our own stability and functional range of motion. The influence of one's own physical & mental state upon the internal dynamics of partner/relationship work will also be explored. Class will be non-competitive, safe, fun, and appropriate for anyone looking to deepen an understanding of T'ai Chi Form.

BREATH & BALANCE QIGONG

The limits that breath and balance place on each other may be obvious. For example, it is hard to take a deep breath when we feel "out-of-balance." This class will explore the interaction between liberating the breath and deepening dynamic balance. Exercises will include qigong breathing and qigong balancing, and will focus specifically on the physical and energetic connection between the diaphragm, psoas muscles, and the spine. Students should come prepared to explore a variety of movement, and to find joy within the liberation of breath and of balance. Regardless of your current state of breath and balance this class will increase your potential.

YI JIN JING & WALKING QIGONG

Stillness & Calm on the inside; Action, Power, & Strength on the outside. If your first reaction to this sentence is "Oh, that's not for me," come explore how internal stillness can energize the enjoyment of external power, and how external action can magnify internal calmness. This class combines quiet meditation (yin) and pulsing movement (yin & yang), with physical exertion and dynamic breathing (yang). We will release stress, energize physical alignments, liberate range of motion, and experience joy in movement and balance in stillness. More information on Yi Jin Jing or Walking Qigong on our website. The intensity of this class is easily self-regulated, so students with various physical capabilities will enjoy class together.

Celebrate World T'ai Chi and Qigong Day
April 24th at 10:00 am -Bowdoin Campus- Brunswick!

Welcome to Full Circle Synergy

FULL CIRCLE SYNERGY SCHOOL OF T'AI CHI CH'UAN is devoted to the study, teaching and exploration of Yang style T'ai Chi Ch'uan 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 internal energy cultivation.

T'AI CHI CH'UAN 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 CH'UAN 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.

LINK TO: [ABOUT FCS TEACHERS](#)