

REGISTRATION

Name _____
 Address _____
 Phone # _____
 E-mail _____

PLEASE CHECK EACH WORKSHOP YOU WANT

Workshop A: 11/11, 10:00 am -11:50 pm	\$35	<input checked="" type="checkbox"/>
Workshop B: 11/11, 2:00-3:50 pm	\$35	<input type="checkbox"/>
Workshop C: 11/11, 5:30-7:20 pm	\$35	<input type="checkbox"/>
Workshop D: 11/12, 9:00 am- 11:50 pm	\$70	<input type="checkbox"/>
Workshop E: 11/12, 2:00 pm- 3:50 pm	\$50	<input type="checkbox"/>
Workshop F: 11/13, 9am- 12 pm /2-4 pm	\$120	<input type="checkbox"/>

TOTAL PAYMENT ENCLOSED \$ _____

Workshop space is limited.
 50% Deposit is due by Sept. 30th 2011
 Full payment is due by Oct. 21st
 50% Deposit is transferable* but not refundable.
 *- \$10 processing fee

To Attend Workshops D, E, or F
you are expected to take at least one
workshop on Friday.

There will be a 10 minute break
every hour on all days.

Please make checks payable to:
 Full Circle Synergy and send to
 500 Forest Ave. Portland, ME 04101
 Receipt of payment will be confirmed via e-mail or by phone



School of
 Tai Chi Chuan

500 Forest Ave.
 Portland, ME 04101
 www.fullcirclesynergy.com

MASTER WILLIAM C.C. CHEN'S BODY MECHANICS OF TAI CHI CHUAN

FRIDAY, Nov. 11th

FORM REFINEMENTS & APPLICATIONS:
 RELAXATION, EFFICIENCY & POWER

SATURDAY, Nov. 12th

APPLICATIONS & PUSH HANDS
 FINDING TAI CHI POWER: EASIER,
 NATURAL & ENJOYABLE

SUNDAY, Nov 13th

PUSH HANDS, &
 INTRODUCTION TO SAN SHOU

“As a teacher he has great teaching skills as well as great martial ability”
 “To see someone with 60+ years of practice who is at his level of mastery
 that still has that much fun with it, wow, very cool!”
 “Just being in his presents inspires me to want to keep exploring tai chi.”

“Just watching, listening to, and learning from Master Chen was a
 phenomenal experience in and of itself. His gracious teaching style, sense of
 humor, and self-effacing manner made his lesson inviting and understandable.
 Having Master Chen make corrections on my technique...priceless.”

“He adjusted me on “Spread arm like a fan” and when he found the “perfect
 posture” on me I could feel the internal integration. It was a big lesson for me
 to make all my physical gestures smaller. I have found the smaller my physical
 gestures, the more internal integration I have and more rootness.”



MASTER WILLIAM C.C. CHEN'S BODY MECHANICS OF T'AI CHI CH'UAN

FORM REFINEMENTS & APPLICATIONS:
RELAXATION, EFFICIENCY & POWER

FRIDAY, Nov. 11th

Workshop A: 10:00 am -12 pm \$35
Workshop B: 2:00-3:50 pm \$35
Workshop C: 5:30-7:20 pm \$35

Each Friday workshop will have 50 minutes of **Refinements** and 50 Minutes of **Applications**. The Friday workshops will also have the most focus on Tai Chi Form practice.

Refinements refers to refining both the external choreography of the form and also the choreography of energy flows and body mechanics of the form.

Applications refers primarily to applications of the energy flows to specific movements of the form, minimal time is spent on applications of external choreography.

APPLICATIONS & PUSH HANDS
FINDING TAI CHI POWER: EASIER,
NATURAL & ENJOYABLE

SATURDAY, Nov. 12th

Workshop D: 9:00 am- 11:50 pm \$70
Workshop E: 2:00 pm -3:50 pm \$50

Workshop D will have 50 minutes of **Refinements** and 100 minutes of **Applications**.

Workshop E will have 100 minutes of **Push Hands**.

Push Hands refers to a variety of 2 person exercises both structured and free style. If you are not sure what this is talk to an FCS instructor.

To Attend Workshops D, E, or F you are expected to take at least one workshop on Friday.

There will be a ten minute break every hour on all days.

PUSH HANDS &
INTRODUCTION TO SAN SHOU

SUNDAY, Nov 13th

Workshop F: 9-Noon & 2-3:50 pm \$120

Workshop F is all day and will have 100 minutes of **Push Hands** & 50 minutes of **San Shou** in the morning followed by 100 minutes of **San Shou** in the afternoon

Introduction to San Shou is basically learning and training **Tai Chi boxing** techniques. We will be hitting pads and targets. We will NOT be sparring.

Wondering why these workshops are a "don't miss"? See back page for testimonials!

William C. C. Chen was born in Chekiang, China. He started teaching Tai Chi Chuan in 1952 while training as a live-in student of the famous Great-Grandmaster Cheng Man-Ching. Besides being the youngest of Professor Cheng's senior students, he was also a favorite disciple. In the 1950's he was involved competitively in various free-style, Chinese Wushu. In 1958, he won second place in the Taiwan National Olympic Competition.

Grandmaster William C. C. Chen has devoted his life to the study of body mechanics and the effects of Tai Chi Chuan for art of self-defense and the art of physical health. His approach is to make Tai Chi Chuan simple, easier, natural, enjoyable and productive.

In the 1950's William C. C. Chen taught in Taiwan, Singapore, Malaysia, Thailand, Hawaii and the U.S. West Coast. In 1965, he established the William C. C. Chen Tai Chi Chuan School in New York City's Chelsea area. He teaches special seminars on his Body Mechanics of Tai Chi Chuan on a regular basis in Asia, southeast Asia, Europe and throughout the United States

TO REGISTER CALL: 780-9581

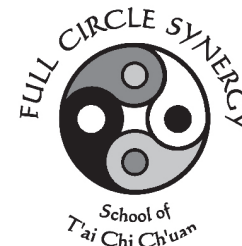
Workshop will be held at:

FULL CIRCLE SYNERGY

500 Forest Avenue

Portland, Maine 04101

www.fullcirclesynergy.com



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Non-refundable full payment is due by Oct. 21st

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*- \$10 processing fee

Directions:

Full Circle Synergy is located at 500 Forest Ave, in Portland, Maine. If you are heading north on Forest Avenue, away from downtown Portland, the school is one half mile north of I-295, on your left, just prior to the Mobil Station and the Great Lost Bear. Parking is available in the parking lot behind the school off Noyes Street. Additional on street parking is available near-by.