



# Grandmaster William C.C. Chen 2010 Body Mechanics Workshop

It is our honor and privilege to bring him  
**Sunday November 14, 2010**  
**To the Milwaukee, Wisconsin Area**

Grandmaster William C. C. Chen RETURNS to the Milwaukee Area. After the success of his 6 previous visits he has agreed to return and work with the grateful practitioners in our area. Thank you for your support!

Grandmaster William C.C. Chen will be visiting the Milwaukee area for a one-day workshop. The focus of this workshop will be applying **Grandmaster Chen's Body Mechanics Principles** through the use of **Push Hands** and **Applications** of the **T'ai Chi 60 Movement and Yang Long Form**.

- ▶ Participants will gain a thorough understanding of the interplay between compression, rooting and inner energy flow. The Yang Style Long Form includes moves from which the Cheng Man Ching Short Form is derived.
- ▶ Apply and fine tune the array of body mechanics necessary for effective push hands.
- ▶ Apply and fine tune self-defense applications of movements from Master Chen's short form.
- ▶ Demonstrate the subtle body mechanics necessary to apply applications within a given movement.

The workshop format and pace are designed to make all students feel comfortable and challenged. Grandmaster Chen's in-depth knowledge of T'ai Chi internal mechanics, combined with his exceptional ability to provide precise feedback allows him to guide students effortlessly to improvement. Sword is open to those with limited experience.

We openly encourage and welcome students of other T'ai Chi systems, and those T'ai Chi players simply interested in T'ai Chi applications or "internal" training. We look forward to seeing you in Nov. **Questions? Call: 262/662-1060, or email [Pat@EnhancingBalance.com](mailto:Pat@EnhancingBalance.com).**

**Location:** Frame Park, Waukesha: Schuetze Recreation Center  
1120 Baxter Street, Waukesha, WI 53186

### Class Schedule:

#### Morning

9:30-10:20 Long Form and Body Mechanics  
10:30-11:20 Form and Body Mechanics  
11:30-12:20 Applications & Push Hands  
12:30-2:00 Lunch (on your own)

#### Afternoon

2:00-2:50 Applications & Push Hands  
3:00-3:50 Sword Beginning corrections  
4:00-4:50 Sword Corrections

**NEW Option: Form and Body Mechanics only (2 hrs) or, Applications & Push Hands only (2 hrs) are \$65 each**

**Register early**-space is limited. Priority is given to whole workshop participants.

**Refunds** are subject to a \$70.00 cancellation fee, unless classes are full or cancelled

**Registration after scheduled deadlines** is subject to availability.

**Light snacks and tea will be available during the workshop.** Please note if you are interested in joining Master Chen for dinner after the workshop.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

**Entire Workshop \$150.00**

**Form & Push hands \$120.00**

**Form and Mechanics \$ 65.00**

**Push hands \$ 65.00**

**Sword \$ 65.00**

**Half Day (9am-12 or 2-5pm)**

By 11/1 Option: **\$100.00**

PLEASE CIRCLE CHOICES

**Total Due: \$ \_\_\_\_\_**

**If registering after Nov. 1st  
Add \$25.00 to fees.**

Information and Registration: **Please Make Checks payable to Pat C. Culotti**

Mail to: Enhancing Balance W249 S6680 Center Drive, Waukesha WI 53189

Questions? Call: (262) 662-1060 or cell (262) 271-1061 or: [pat@EnhancingBalance.com](mailto:pat@EnhancingBalance.com)

**REGISTRATION IS DUE BY NOVEMBER 1, 2010 (\$25 additional fee after Nov 1)**



Enhancing Balance  
W249 S6680 Center Dr.  
Waukesha, WI 53189

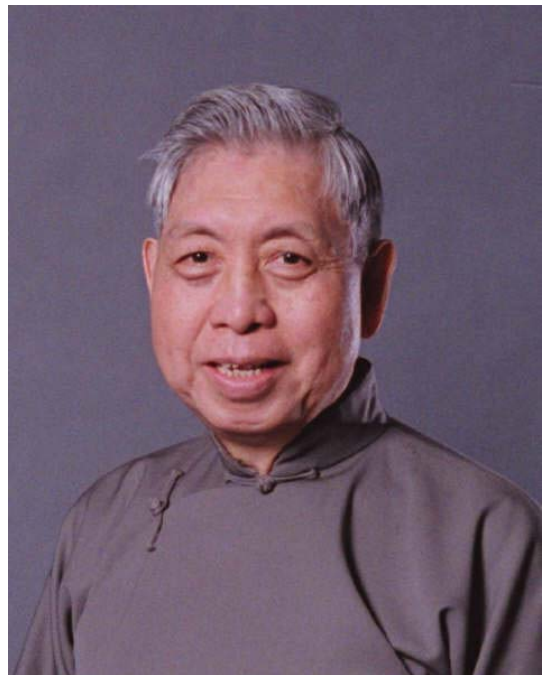


Grandmaster William C.C. Chen, a disciple of the late Cheng Man-Ching, is recognized throughout the United States, Europe and Asia as one of the most skillful martial artists and innovative instructors of T'ai Chi Ch'uan. He began his T'ai Chi studies in Taiwan in 1949. During the 1950's he gained recognition as a successful full-contact fighter.

With more than 60 years of experience, Grandmaster Chen excels at offering one-on-one instruction, focusing on the needs of each individual student. Grandmaster Chen travels the world extensively, conducting workshops promoting T'ai Chi Ch'uan for health, meditation and self-defense, while maintaining his own studio in New York City.

On January 29th 2006, Grandmaster Chen was inducted into the 2006 Hall of Fame of the World Professional Martial Arts Organization. Award presentation was made during a formal black tie dinner by Great Grandmaster Aaron Banks, Supreme Martial Arts Promoter & Instructor at Madison Square Garden, New York City.

We welcome Grandmaster Chen to his seventh visit to the Milwaukee area in 2010.



Grandmaster William C.C. Chen  
*"My objective is to make T'ai Chi Chuan easy, simple,  
natural, enjoyable and productive"*