



Grandmaster William C.C. Chen 2014 World-Renown Body Mechanics Workshop

It is our honor and privilege to bring him here
Sunday November 2, 2014

Grandmaster William C. C. Chen RETURNS to the Milwaukee, Wisconsin area. After the success of his 8 previous visits here 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, Applications** and **Health Aspects of Preventing Heart Disease** 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**. Questions about practice space contact Jim Bayer: Jim@EveryDayTCC.com

NEW Location: St. Jude the Apostle Church, 734 Glenview Ave., Wauwatosa WI

Glenview is 84th St. The church is located one half block north of Wisconsin Ave. on the east side of the street. Classes will be held in the Activity Room at the north end of the church on the 2nd floor.

Class Schedule:

Morning

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

Afternoon

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

NEW Option: Form and Body Mechanics only (2 hrs) or, Applications & Push Hands only (2 hrs) are \$70 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 (6 hr) **\$170.00**
Form & Push hands **\$130.00**
Form and Mechanics **\$ 70.00**
Push hands **\$ 70.00**
Sword **\$ 70.00**

Half Day (9am-12 or 2-5pm)
By10/24 Option: **\$100.00**

PLEASE CIRCLE CHOICES

Total Due: \$ _____

If registering after Oct. 24th
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

REGISTRATION IS DUE BY OCTOBER 24, 2014 (\$25 additional fee after Oct 24)



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 as a live-in understudy of professor Cheng Man-Ching. Developing the range of his art through constant study and practice with classmates, Grandmaster Chen soon gained notoriety in the 1950's 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.

In addition to his earlier success in full-contact, world tournament style fighting, Grandmaster Chen has made numerous contributions to the teaching and advancement of T'ai Chi Ch'uan. He has been formally honored by the International Kung-Fu Federation and Inside Kung-Fu including Kung-Fu's first Hall of Fame of the Millennium. He continues to be a published author in *Inside Kung-Fu*, *T'ai Chi Magazine* and his own personal books and publications. If you are interested in obtaining any of Grandmaster Chen's books, publications or videos please visit www.williamccchen.com

We welcome Grandmaster Chen to his **ninth** visit to the Milwaukee area **November 2th, 2014**.



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