



JING YING

INSTITUTE

1195 Baltimore Annapolis Blvd, #6
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Sunday, March 29, 2009 - Jing Ying Institute Presents:

Chu Ji Quan (Primary Fist) and Fighting Set

Presented by Master Willy Lin



- ☉ Began studying Kung Fu in Taiwan in 1957
- ☉ Head instructor and assistant to Wang, Jyue Jen: 1960-1968
- ☉ First to introduce T'ien Shan P'ai Kung Fu to the US
- ☉ Author of several books on T'ien Shan P'ai and Chin-Na
- ☉ Has taught in Taiwan, Brazil and the US, and many of his students have gone on to open their own schools

Sunday, March 29, 2009 from 2:00 pm to 4:00 pm - Chu Ji Quan (Primary Fist)

Although it is the beginners form in the T'ien Shan P'ai Kung Fu system, Chu Ji Quan is full of sophisticated concepts and useful applications. It has a variety of kicking, striking and blocking techniques as well as sweeps, take-downs and joint locks. Once the solo form is learned, it can be practiced as a two-person fighting set (Dui Lien) to help teach timing, distance control and accuracy. When the first half of the form is practiced by one person and the second half by another person, the movements merge into a choreographed fight sequence.

If you have previously learned the form, this workshop will provide the rare opportunity to refine your understanding and to get corrections and explanations from the person who brought this system to the US. Students who know at least the first half of the form will get a chance to work on the two-person fighting set while others work on improving the solo version of the form.

These workshops are suitable for all martial arts styles and all levels of experience, including beginners with no previous training. Don't miss this opportunity to learn from one of the best! Class size will be limited to ensure everyone gets individual attention and plenty of hands-on experience. Be sure to register in advance to reserve a spot as walk-in registration is not guaranteed.

- Location:** Jing Ying Institute of Kung Fu & Tai Chi, 1195 Baltimore Annapolis Blvd, #6, Arnold MD 21012
Date: **Sunday March 29, 2009**
Time: **2:00 pm** (please arrive 20 minutes early to check-in or register)
Cost: \$50 in advance or \$55 at the door. Please register in advance to reserve your spot! (Advanced level Jing Ying students get a \$10 discount. If you attend with other family members (parent, child, spouse or a sibling), they also get a \$10 discount)
Payments: Check, credit card or cash. Make checks payable to Jing Ying Institute. You can register and pay on-line at: <http://www.JingYing.org/events.html>

*Participants under age 18 must have a release form signed by a parent or guardian.
Master Lin's books and DVD's will be available for purchase and autographing at this workshop.*