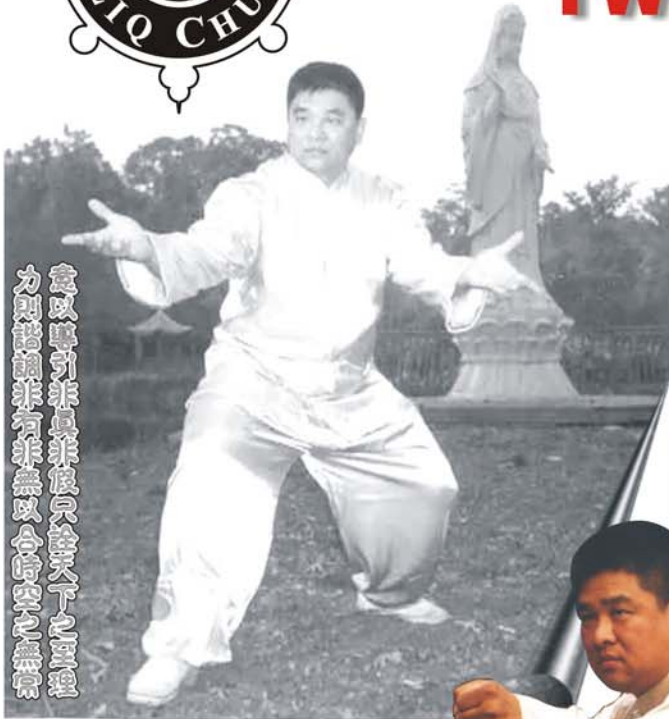




# I-LIQ CHUAN

## TWO-DAY WORKSHOP

Presented By  
**Master Sam F.S. Chin**



**Master Sam F. S. Chin**, Head of The System and Co-Founder of the art of **I-Liq Chuan**. **I-Liq Chuan** is being practiced internationally including USA, Russia, Germany, Australia, Malaysia, Japan, Ukraine, Belarussia, England and Holland. His father **The Grand Master Chin Lik-Keong** then founder of the art, traditionally trained him since childhood. **Master Chin** has won **championships in Tai Chi Push Hands and Kick-Boxing Tournaments**. He has been teaching for 27 years in Malaysia, Australia and USA and conducts workshops and seminars nationally and abroad

### HOW TO UNIFY MENTAL AND PHYSICAL

- ✦ *Achieving Mindfulness For Learning*
- ✦ *Primary Energy of Movement*

### HOW TO UNIFY SELF WITH THE OPPONENT

- ✦ *Spinning Hand Process~power to point of contact*
- ✦ *Sticky Hand/ Push Hand principle application*

- A) Flowing drills for listening power
- B) Flowing Defensively
- C) Flowing Offensively

Through a special series of 2 person exercises you will see the effectiveness of the spinning and sticky hand. It will show you the Power of Spherical Movement and how this relates to controlling, off-balancing and neutralizing your opponent at will. This skill will be useful in any martial art training.

Web Site: <http://www.ilichuan.org>

#### Fees:

- (Normal) 2 days ~ \$160.<sup>00</sup>  
1 day ~ \$ 90.<sup>00</sup>
- (By Feb. 4) 2 days ~ \$140.<sup>00</sup>  
1 day ~ \$ 80.<sup>00</sup>

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#### Date & Time:

Feb. 26 2005 Sat. 9<sup>AM</sup> to 12<sup>PM</sup> , 1<sup>PM</sup> to 4<sup>PM</sup>  
Feb. 27 2005 Sun. 9<sup>AM</sup> to 12<sup>PM</sup> , 1<sup>PM</sup> to 3<sup>PM</sup>