

鄭子太極拳

ZHENG Style Tai Ji Quan Workshop: - Zhan Zhuang Standing & Push Hands - Saturday March 27, 2010

The version of classical Chinese Tai Ji Quan created by Professor Zheng Manqing (1900-1975) embodies an *uncompromising emphasis on absolute relaxation* as a uniquely streamlined and efficient approach to the cultivation of internal power. The primary training method of this approach is a version of standing meditation (*zhan zhuang*) that differs significantly, in theory and student experience, from the familiar *standing-post* exercises of other popular Chinese internal disciplines.

In this workshop, we will explore and experience the exotic flavor of Zheng Style Taijiquan's unique suite of ZHAN ZHUANG exercises, as synthesized by Prof. Zheng's senior disciple Benjamin Lo. The Workshop is suitable for practitioners of any martial art and any variety of Taijiquan, as the *Zhan Zhuang* drills are based on elements of the connected sequence Tai Chi form but independent of it. Whether you are an absolute beginner, an experienced Taiji practitioner, or a martial artist of any other discipline, come and feel the taste of this exotic and unusual twist on the common *Zhan Zhuang* theme.

The workshop will consist of two sections. Participants may register independently but will benefit most from taking both. Fee for total Workshop (both sessions) is **\$50 pre-reg by March 1; \$70.00 at door**.

MORNING 9:30 AM to 11:30 AM:

Zheng style ZHAN ZHUANG (\$30.00 pre-reg by March 1; \$40.00 at door)

Theory and practice of a number of variations of Zheng style *Zhan Zhuang*. The Principles that underlie all Zheng style *Zhan Zhuang* methods will be introduced, then the bulk of the time will be devoted to hard work, sweat, and burn - fuel for the internal energy blast furnace. Wear comfortable clothes, flat shoes, and be prepared to work hard.

AFTERNOON 1:30 PM to 3:30 PM:

Zheng style PUSH HANDS (\$30.00 pre-reg by March 1; \$40.00 at door)

Theory and practice of Zheng style push hands. Unlike many approaches to push hands training which begin with complex but formally restricted patterns, push hands is freely experienced as pure sensitivity and relaxation training. Learn to utilize the energy derived from *Zhan Zhuang* work (morning session) and to identify points of tension in a partner. All participants are guaranteed time to push freely with instructor. The instructor will clearly delineate and demonstrate the three main energies of push hands (receiving, transforming, and rooting) in 1-1 interaction with each participant.

Between the morning and afternoon sessions, there is opportunity for group lunch with instructor at some nearby place for discussion (payment is Dutch, not included in workshop registration fee)

Instructor: Scott Meredith has studied and practiced a large variety of Asian and Western martial arts for over 35 years. He speaks fluent Mandarin Chinese and Japanese, and he is a long-time senior student of Tai Chi master Benjamin Lo.

BENEFIT: All proceeds for this workshop will be donated immediately, in their entirety, to **Doctors Without Borders/Médecins Sans Frontières (MSF)** to support their ongoing emergency relief work in Haiti and elsewhere. All workshop participants will receive a total attendee count and a copy of the donation total receipt from Doctors Without Borders. Presumably your individual portion of the group's contribution will be tax-deductible.

Pre-Register by March 1st for discounts by email to: SEEOTTER@gmail.com

Workshop Location: Embrace the Moon, 1716 Northwest Market Street, Seattle, WA 98107-5224

