

紐約少林武功中心

NEW YORK CITY SHAOLIN CENTER

TESTING & TRAINING

WITH SENIOR MASTER GARY GROOMS

SEPTEMBER 24TH-26TH

FRIDAY-SUNDAY

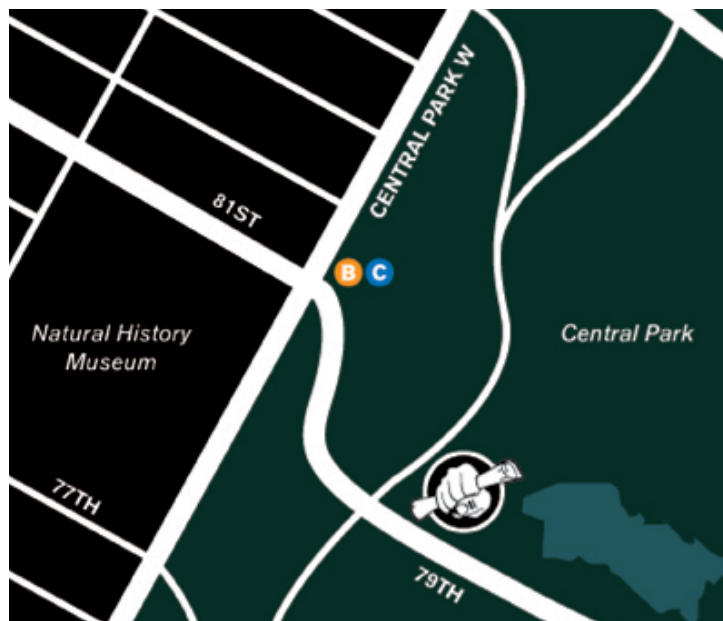
Senior Master Gary Grooms is one of the top internal practitioners in our Southern Shaolin lineage, and is especially noted for teaching the principles of body mechanics within the internal martial arts in order to improve the form and function of his students' Kung Fu.

The NYC Testing & Training weekend will begin with testing for Brown Belts and Black Belts on the evening of Friday the 24th. On Saturday and Sunday Master Grooms will be teaching the foundational material from three of our internal systems in separate seminars - the first two changes of the palm from classical Ba Gua Zhang, the 5 Roads of Xing Yi Quan and an abridged 18 posture version of the 37 posture Yang Taiji Quan. Students can sign up for individual seminars or for all three. The classes will focus on alignment, applications and a conceptual understanding of how these arts are both unique and related.

Students of all levels are welcome to participate!

LOCATION

All Seminars held in Central Park @ 81st Street



SCHEDULE

Friday, September 24th

Brown & Black Belt Testing
7:30 - 10:00pm @ NYCSC

Saturday, September 25th

八卦掌 Ba Gua Zhang
10:30am - 1:30pm

形意五行拳 Xing Yi Wu Xing Quan
2:30 - 5:30pm

Sunday, September 26th

陽家太極拳 Yang Jia Taiji Quan
10:30am - 1:30pm

PRICES

Sign Up - 1 Week Prior

This offer ends September 18th

- 1 Seminar \$75
- 2 Seminars \$135
- 3 Seminars \$175

Sign Up - Week of Class

- 1 Seminar \$90
- 2 Seminars \$160
- 3 Seminars \$200

NEW YORK CITY
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DESCRIPTION OF SEMINARS

All Seminars Held in Central Park @ 81st Street

Saturday, September 25th

八卦掌 Ba Gua Zhang | 10:30am - 1:30pm

Ba Gua Zhang is an art noted for its unique use of circle walking to develop evasive footwork, proper body alignment and spiralling power. There is a saying among Ba Gua practitioners that “the essence of Ba gua is contained in the single and double palm change.” Master Grooms will be teaching these first two palm changes and using movements from those changes to illustrate the 64 rules of Ba Gua. The 64 rules discuss the principles that define Ba Gua as a martial art and physical practice, and developing a deeper knowledge of how they apply directly to the movements of the form will add depth to your understanding of the style.

形意五行拳 Xing Yi Wu Xing Quan | 2:30pm - 5:30pm

In the afternoon Master Grooms will be teaching one of my favorite sets of material, the five roads of Xing Yi Quan. The five roads are the essential foundation of this explosive and dynamic internal martial art. Master Grooms has spent years developing the fa jing power that Xing Yi is famous for. Throughout the afternoon he will be working with you on developing a detailed understanding of the distinctive San Ti stance, issuing power internally and how to correctly train the five roads of Xing Yi.

Sunday, September 26th

陽家太極拳 Yang Jia Taiji Quan | 10:30am - 1:30pm

Yang style Taiji is a one of Master Grooms true specialties, and he has attained a deep understanding of the movements and principles through decades of focused practice with this form. In this seminar, Master Grooms will be teaching the abridged 18 posture Yang style style form with an emphasis on developing functional and efficient body alignment. This will be further refined through his explanation of Taiji principles and the combat applications found within the movements of the Yang Taiji form.