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## **Xing Yi Quan with Master Di Guoyong** March 10-11 and March 17-18, 2012

Come join us for two weekends of **Hebei Xing Yi Quan** training with **Master Di Guoyong**. Master Di is widely regarded as one of the premier Xing Yi experts in China. His teaching is thorough and precise and he is able to impart the most essential elements of the art to practitioners of all skill levels.

**Master Di will be offering two full weekends of training in the fundamental teachings of Xing Yi Quan as well as its more advanced aspects.**

For more information contact Nick Scrima at 727-734-8222 or [nick.scrima@verizon.net](mailto:nick.scrima@verizon.net)  
**Chinese Martial Arts Center - 2116 Main St - Dunedin, Florida 34698**  
- A full training schedule and fees are shown on the back of this flyer -

### **Saturday, March 10: Xing Yi Five Basic Fists - 9:00am - 5:00pm**

To develop skill in Xing Yi Quan you must have a sound **Santi** (Trinity Posture) and an understanding of the **Wu Xing Quan** (Five Basic Fists). The workshop includes Post Standing (Qi Gong), **Wu Xing Lien Huan Quan** (Linking Fist Form), **Wu Xing Pao** (Linking Fist Partner Form) and combat applications.

### **Sunday, March 11: Bazi Gong (8 Skills) - 9:00am - 5:00pm**

These functional techniques of traditional Xing Yi Quan will improve your ability and power usage. The workshop includes training in the **8 Skills**, the **Ba Zi Gong Linking Form**, and fighting applications.

### **Saturday, March 17: 12 Animals - 9:00am - 5:00pm**

**Shi Er Xing** (12 Animal Forms) are part of Xing Yi advanced training and serve to expand the foundation built on Wu Xing Quan. They emulate the spirit, techniques and tactics of the various animals rather than just their physical movements.

### **Sunday, March 18: An Shen Pao - 9:00am - 5:00pm**

**An Shen Pao** (Protect the Body Cannon) is Xing Yi's advanced partner form and it embodies many of the fighting concepts and techniques of the art. In addition, Xing Yi applications are scheduled for the afternoon.

A prerequisite for this workshop is prior training with Master Di or participation in the Five Fists.

**Fees - CASH ONLY: One weekend \$300 - Both weekends \$550**

## **Registration Form for Master Di Guoyong Xing Yi Seminars**

Check the dates you will be attending: March 10-11 \_\_\_\_\_ March 17-18 \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Martial Arts School/Instructor \_\_\_\_\_