

Taijiquan  
Enthusiasts  
Organization



and

KUTZTOWN  
UNIVERSITY  
Tai Chi Club of Kutztown University

## 2009 Health and Martial Arts Festival

June 19, 20, & 21 at Kutztown University

Three full days of Tai Chi seminars, workshops and push-hands.  
Meet fellow practitioners from all over the country and the world!

## 2009 Health and Martial Arts Festival - June 19, 20, 21 at Kutztown, PA

Join us for this fun-filled international Health and Martial Arts Festival. Sponsors Expo is free and open to the public. All the workshops for the whole weekend are only \$90. Scrumptious formal awards banquet on Saturday evening followed by spectacular *Sharing Our Arts* demonstrations. Accommodations and meals available on the Kutztown University Campus.

For more details and to register go to  
<http://taijiquanenthusiasts.org/taiji/>  
or call Marty Devlin at 610-370-2196.

Special workshop tracks for health and qigong, push hands, academic and scientific research, self-defense and martial arts, and weapons

All made possible due to our wonderful sponsors:

[The Alaska College of Oriental Medicine, Acupuncture,  
and Massage Therapy](http://www.touchoftao.com) (<http://www.touchoftao.com>)

[Bushido Martial Shoes](http://www.utrytaichi.com) (<http://www.utrytaichi.com>)

[Inner Strength Inc. Health and Wellness Center](http://www.inner-strength.org) (<http://www.inner-strength.org>)

Magi Foundation

[Ba'z Tai Chi and Kung Fu Studio](http://bartztaichi.com/) (<http://bartztaichi.com/>)

[Tai Chi Flow, Inc.](http://www.taichiflow.com/) (<http://www.taichiflow.com/>)

[Art of Therapeutic Massage](#) • [Berks Tai Chi](#) • [Betsy Scott Chapman, CCM, Harpist](#) • [Cold Mountain Internal Arts](#)  
• [Hilary Smith Tai chi](#) • [Jade Forest Kung Fu/Tai Chi/Internal Arts](#) • [Three Treasures Health Center](#)

(more details below)



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A full draft of the current schedule can be found at [http://taijiqvanenthusiasts.org/taiji/images/schedule\\_current.pdf](http://taijiqvanenthusiasts.org/taiji/images/schedule_current.pdf) Also we are looking for [volunteers](#) to join us, and there are still a few open workshop slots. Awards banquet is \$25. Workshops \$90. Housing (single or double occupancy) for the weekend is \$125, meals including the banquet is \$60. Save money and get all for \$230. (You must preregister by June 1, 2009 to be assured of a room and/or meal ticket.) We are a non-profit 501c3 organization. All proceeds benefit the [David Chen Memorial Fund](#) and [Pacem In Vita](#), a leadership and conflict resolution program for junior and senior high school students (though working on a program for all ages).

### Currently Scheduled Workshops Leaders: (in alphabetical order)

Steven Arbitman ☺ David Briggs ☺ Charles Brynan ☺ Ben Caccavale ☺ Andy Cappuccio ☺ Betsy Scott Chapman ☺ John Chen ☺ Hsien-Yuan Chen ☺ T. Julian Chu ☺ David Elston-Phillips ☺ Isse Elston-Phillips ☺ Frances Gander ☺ Jan Gyomber ☺ Stephen Higgins ☺ Luke Jih ☺ Shyh-Ching Lo ☺ John Loupos ☺ Peggy Manser ☺ Howard Peck ☺ CJ Rhoads ☺ Lee Scheele ☺ James Siegel ☺ Avi Schneier ☺ Jingshan Tang ☺ Jack Sol-church ☺ Tracey Tancredi ☺ Christopher Viggiano

### Currently Scheduled Workshops

Tai Chi Therapy ☺ Xin Qi Meditation– The Secret Element of Tai Chi and Qigong ☺ Ten Step Session ☺ Change Your Mind, Change Your Form ☺ Basic Straight Sword Fencing ☺ At the Cross-Roads of Principle ☺ Push hands applications of the Cheng Man-Ching form ☺ Push Hands for Competition ☺ Stirring the Internal Kung-fu Pot: Sun Tai Chi ☺ Empty Hand and the Sword ☺ 18 Shiba Luohan Qigong ☺ Power & Grace of the Chinese Fan ☺ Wu Xing Bu Jin Gong: 5 Elements Stancework ☺ Neijiaquan: The Taiji, Bagua, Xingyi Connection ☺ Applying The Taijiquan Master Key to Enhance All Sports: ☺ JIAN ...The Magnificent Chinese Double Edged Straight Sword ☺ Taiji Qin Na: Drills & Skills Key Properties in Neutralization through Finger, Wrist & Elbow Manipulation ☺ The Architecture of Being Human ☺ The Nuances of Tai Chi Body Structure & Rooting ☺ Power from the legs ☺ An Introduction to Ba-ji ☺ Shaolin Temple Warm Ups ☺ Eight Section Brocade ☺ The Power in Stillness an Introduction to Zhan Zhuang (Standing Meditation) ☺ Yin Yang Medical Qigong ☺ Introduction to Hanna Somatics for Tai Chi'ers and Other Human Beings ☺ Martial Applications of Yang Style Tai Chi ☺ Taiji Qigong ☺ An Overview of Taiji Pedagogy. ☺ Taiji Research Panel ☺ History and Myth: Taijiquan in Perspective ☺ Taiji Culture in the US ☺ Principles- Based Form Corrections ☺ Master Yin's Liangong: Breath and Qi Linking Gongfu ☺ Pacem In Vita ☺ Ba Gua Qigong ☺ Flowing Water Tai Chi Fan ☺ The Story: The Positive Aspect of Pain ☺ The Business Side of Taiji Schools and Alternative Health Practices: Attracting Clients ☺ Rooting for the Intermediate Practitioner ☺ Yang Style Fan ☺ Tan Tui ☺ Long Fist for Stretching ☺ An Introduction to the Old Yang Middle Frame ☺ Wu Taiji for Health 33 ☺ Chen Style Tai Chi Qin na ☺ An Introduction to Animal Elements in Qigong ☺ Traditional Long SUN style ☺ Ba gua Zhang: Unique Secrets of Self Defense ☺ Structure Training for Tai Ji ☺ Push Hands Principles and Practice ☺ Martial applications of Push Hands Exercises ☺ Chinese Yoga With Healing Qi ☺ Using Effortless Action in Push Hands Application ☺ Developing Rooting and Connection in Push Hands Application ☺ QiGong for High Blood Pressure ☺ Pilates Exercises for Taiji development

### Enthusiasts Choice Awards Nominees

Register and/or become a member before June 1, 2009 and you can vote for your favorite in the Enthusiasts Choice awards:

**Nominees for Instructor (& Grand Instructor) of the Year** (in alphabetical order): Betsy Chapman ☺ William CC Chen ☺ Julian Chu ☺ Steve Higgins ☺ Yang Jwing Ming ☺ William Ting ☺ Christopher Viggiano ☺ Chen Xiao Wang

**Nominees for Tai Chi Event Promoter of the Year:**  
Bill Douglass ☺ David Elston-Phillips ☺ Kirsten Erwin ☺ Pat Rice ☺ Lee Scheele ☺ Nick Scrima

We also encourage everyone to attend the [Taijiquan Symposium](#) July 5 - 10 in Nashville Tennessee and the [Zhang San Feng Festival](#) in New York June 4-7. See you there!