

# Chen ZhengLei

September 20 - 23 2013

Friday - LaoJia ErLu

Saturday - LaoJia YiLu

Sunday - Sword

Monday - Silk Reeling and  
18 Essence Form

Grandmaster Chen ZhengLei is one of the top 10 living martial artists of China and one of the legendary "Four Diamonds" of TaiJi.

This set of workshops will let give you a full experience of the "yin" and "yang" of Chen TaiJi from the power of Cannon Fist, the softness of YiLu, the liveliness of the sword and the health benefits and ease of learning of the 18 Form.

Register now to reserve your spot!



**Jing Ying Institute of Kung Fu & Tai Chi**

1195 Baltimore Annapolis Blvd #6 Arnold MD 21012

410-431-5200 info@JingYing.org

[www.JingYing.org](http://www.JingYing.org)



# September 20 - 23 2013 Annapolis (Arnold) MD

Jing Ying Institute, 1195 Baltimore Annapolis Blvd #6, Arnold MD 21012

## Friday, September 20, 2013

10:00 am to 1:00 pm: LaoJia ErLu (Cannon Fist or Pao Chui) - Morning session Part A  
2:00 pm to 5:00 pm: LaoJia ErLu (Cannon Fist or Pao Chui) - Afternoon session Part B

## Saturday, September 21, 2013

9:00 am to 12:00 pm: LaoJia YiLu - Morning session Part A  
2:00 pm to 5:00 pm: LaoJia YiLu - Afternoon session Part B

## Sunday, September 22, 2013

9:00 am to 12:00 pm: Sword (Jian) - Morning session Part A  
1:00 pm to 4:00 pm: Sword (Jian) - Afternoon session Part B

## Monday, September 23, 2013

7:00 pm to 9:00 pm: **18 Posture Form - Learn and practice the 18 Essential Postures routine which was created to provide many of the health benefits of LaoJia YiLu practice in a shorter format that can be learned more quickly. Here is an opportunity to study the form with the person who designed it!**

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|---|--|
| <input type="checkbox"/> <u>Fri 10:00 am to 1:00 pm</u>   | <input type="checkbox"/> <u>Fri 2:00 pm to 5:00 pm</u> |
| <input type="checkbox"/> <u>Sat 9:00 am to 12:00 pm</u>   | <input type="checkbox"/> <u>Sat 2:00 pm to 5:00 pm</u> |
| <input type="checkbox"/> <u>Sun 9:00 am to 12:00 pm</u>   | <input type="checkbox"/> <u>Sun 1:00 pm to 4:00 pm</u> |
| <input type="checkbox"/> <u>Monday 7:00 pm to 9:00 pm</u> |  |

Please check in/register 30 minutes before the start of your first session. **\$75** for one session, **\$140** for two sessions, **\$195** for three sessions, **\$245** for four sessions, **\$290** for 5 sessions, **\$325** for 6 sessions, **\$350** for everything (all 4 days!). **\$60** for Monday only or \$45 if combined with any other sessions. Check all that apply. Late registration of \$25 if paid at the door. **Total:** \_\_\_\_\_

Boxed lunch options available for Friday, Saturday and Sunday at \$10.

Dinner with Chen ZhengLei on Saturday will be available for \$25. (pay and make selections on-line)

Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Addr: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alt Phone: \_\_\_\_\_ Work/Cell (Circle one)

E-Mail: \_\_\_\_\_ We do not sell, rent or  
giveaway your info. We just use this to send you updates, event reminders or copies of our newsletter.

Signature: \_\_\_\_\_

*Participants under age 18 must  
have a release form signed by a  
parent or guardian.*