

SAN SHOU: TAIJI FOR TWO



with Kathleen Cusick & Dr. Jay Dunbar

☯ our 66th San Shou Immersion since 1990 ☯



脚步上(手上)1:1



脚分右(步换)身转(手上)55

SATURDAY JUNE 23 — SUNDAY JUNE 24

9 am-12 pm, 1:30-5 pm each day

Sàn Shǒu 散手: the traditional Taijiquan 88-movement sparring routine

- study fighting dynamics in slow motion
- learn internal (energy-based) vs. external (force-based) responses
- practice listening, yielding, sticking, neutralizing, controlling, and returning
- participate in Taiji conversation, not competition
- expect a breakthrough in your understanding of your solo form
- enjoy the circle of energy between two players

Individuals register separately and change partners frequently. You study half of one side (moves 1-27) as a solo set, and match your movements with players studying the other side.

Location:

J. J. Henderson Housing, 807 South Duke Street, Durham NC (Corner of Morehead and Duke)
Auditorium on the main floor, to the left as you look at the building from the back parking lot.
(Host: Gabrael StClair)

Register:

\$90 for one day, \$165 for both. Send check to: Dr. Jay Dunbar
15 Timberlyne Rd, Chapel Hill NC 27514
questions: drjay@magictortoise.com

***“Learning solo forms without learning san shou is like buying shoes
and taking home only the box.”***

-- Master Jou Tsung Hwa

San Shou: Taiji for Two Information for Participants

Plan to arrive by 8:45 on Saturday, as we begin promptly at 9:00 am. We provide snacks: tea, fruit, chocolate, Oreo cookies, both wheat and gluten free crackers and hummus. Bring a water bottle.

- Please take a shower and use deodorant, as you will be in close contact with others.
- Please don't wear tank tops or sleeveless shirts.
- Be prepared to take notes; bring the "Cartoons" handout if you've attended a previous san shou immersion.
- Video generally not permitted, but you can video yourself for reference. No uploading to the internet.

LUNCH:

We plan to walk under the Durham Freeway to the American Tobacco Campus, for lunch at Tyler's if you wish. You may of course bring your lunch and eat in the auditorium, or seek out another eatery.

DIRECTIONS:

From Chapel Hill, Greensboro, north and west:

From I-85 N, take exit 172 onto the Durham Freeway (147 South).

Get off at exit 13 for W. Chapel Hill St, and turn left at the end of the exit ramp.

Turn right at the next light onto S. Gregson St.

S. Gregson becomes Vickers in one block, and crosses back over 147. Turn left at the second left (there is a light) onto Morehead Ave.

In one block Morehead crosses S. Duke St., and The J. J. Henderson Housing complex is on the corner to your right.

Take the first right after S. Duke St. into the parking lot. Parking is free in the parking lot and on Morehead.

From Raleigh, Cary, south and east:

On 147, take exit 12B, and continue on Jackie Robinson Dr two blocks. Turn left at the light onto South Mangum St. In two blocks turn right onto W. Lakewood Ave.

In one block turn right onto Blackwell St.

In one block turn left onto Morehead Ave.

Turn left into the J.J.Henderson Housing parking lot (just before the light at S. Duke St.)

Parking is free in the parking lot and on Morehead.

<http://www.durhamhousingauthority.org/our-communities/j-j-henderson-housing-center/>