

SAN SHOU: TAIJI FOR TWO



with Kathleen Cusick & Dr. Jay Dunbar

☯ our 68th San Shou Immersion since 1990 ☯



SATURDAY OCTOBER 26 — SUNDAY OCTOBER 27, 2019

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

Sàn Shǒu 散手: the traditional Taijiquan 88-movement interactive duet

- 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 will study one side of the set, focusing on 1-27, the *FIRST HALF!* Sàn shǒu beginners welcome.
(We will take time at the end of each day to review the second half for those who've taken it.)

Location:

Shared Visions Retreat Center, 3717 Murphey School Road, Durham, NC 27705

Register:

Early Bird: \$95 for one day, \$185 for both. (After September 30, add \$15.)

Send check to: Dr. Jay Dunbar

15 Timberlyne Rd, Chapel Hill NC 27514

Questions: drjay@magictortoise.com, or call 919-360-6419

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

-- Master Jou Tsung Hwa