

# SAN SHOU: TAIJI FOR TWO

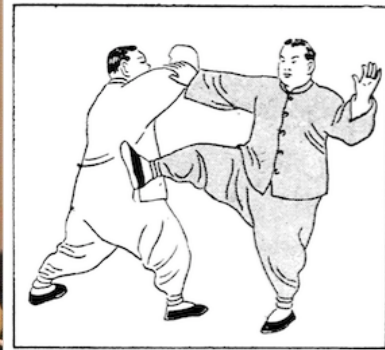


with Kathleen Cusick & Dr. Jay Dunbar

☯ our 69<sup>th</sup> San Shou Immersion since 1990 ☯



靠左步上(手上)5



脚分右(步换)身转(手上)55

**SATURDAY APRIL 25 – SUNDAY APRIL 26, 2020**

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

You will study one side of the set, focusing on the *FIRST HALF* (moves 1-27).

Individuals register separately and change partners frequently.

Taijiquan experience or instructors' permission required.

## **Location:**

East Cloud Kung Fu, 5655-A Western Blvd, Raleigh, NC 27606

## **Register:**

*Early Bird:* \$95 for one day, \$185 for both (after March 31, 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***