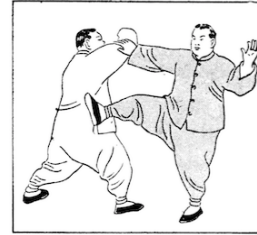


# SAN SHOU: TAIJI FOR TWO



with Kathleen Cusick & Dr. Jay Dunbar

☯ our 72<sup>nd</sup> & 73<sup>rd</sup> San Shou Immersions since 1990 ☯



**First Half: Saturday October 26 – Sunday October 27, 2024**

**Second Half (updated): Saturday April 5 – Sunday April 6, 2025**

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

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

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

Each weekend you study half of one side (A or B) of the set.

First weekend open to ALL Taiji players. First half is prerequisite for second half.

No need to come with a partner: individuals register separately. Partners change frequently.

## Location:

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

\$110 for Saturday only, \$200 for a full weekend. Reserve your space early:

PayPal – make it a personal payment to: [drjay@magictortoise.com](mailto:drjay@magictortoise.com)

or use Zelle: 919-360-6419 or Venmo @magictortoise

or send a check to: Dr. Jay Dunbar, 15 Timberlyne Rd, Chapel Hill NC 27514

Questions: [drjay@magictortoise.com](mailto: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***