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Yang's Martial Arts Association Ireland

Present

Dr. Yang, Jwing Ming.



Kung Fu , Taiji and Qigong Master and Author of over 40 books!

Friday 1 October - Monday 4 October 2010

PLEASE NOTE IT IS A CONDITION OF MEMBERSHIP THAT ALL YMAA IRELAND MEMBERS ATTEND THE WEEKEND OF SEMINARS. NO EXCUSES WILL BE ACCEPTED AND YOU WILL BE CHARGED TO HELP COVER THE COSTS OF OUR MASTERS VISIT. BESIDES IT'LL BE A GREAT WEEKEND OF SEMINARS AND SHOULDN'T BE MISSED!

The prices indicated on the attached booking form are for pre-booked places only. Any bookings on the day will be subject to an additional charge of €5 **per seminar**.

Price Structure

YMAA Adult Member is defined as a member age 17 and up.

YMAA Junior Member is defined as a member below the age of 16.

Non Member – those not paying affiliation fees to YMAA International

Booking: Seminar prices are detailed on the booking form. Please fill in the form attached and return it with your deposit or payment in full **in Euro** (no Sterling or dollars!) to **Paul Moran** or put it into an envelope and give to Paul or Damian

Deposits once paid are not refundable or transferable to another person and only apply to the specific seminar(s) for which they are paid.

Seminar details, Accommodation and maps are also available on our website; - www.ymaa.ie

Any queries; - Contact Paul Moran on +353 1 2762028 or email info@ymaa.ie

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WEEKEND SCHEDULE

Friday 1 October:

♣ **Annual Testing**, with corrections class to follow.

[The Martial Arts Academy, Deansgrange](#)

[Time : 6:00 PM](#)

Those who have qualified to test for any or all of their next Shaolin or Taiji Level may apply for this test!

Saturday 2 October:

♣ **Pushing Hands and Taiji Wrestling**

[The Martial Arts Academy, Deansgrange](#)

[Time: 10.00 AM to 6.00 PM. Lunch: 1.00 to 3.00 PM](#)

Pushing Hands trains you to develop sensitive feeling or Listening jin, to sense your opponents intention teaching you to neutralise and counter attack. Single and Double Pushing Hands will be taught and progression to Peng Lu Ji An and Small and large rollback will be available for those higher ranks. All areas of the Pushing hands module are part of the YMAA Internal Syllabus.

The Tai Chi Wrestling option will focus upon the counter attacking sweeps and throws to destroy your opponents root. Ideal for all martial artists and will be a great addition to your fighting skills.

Sunday 3 October:

♣ **Tai chi Fighting Set**

[The Martial Arts Academy, Deansgrange](#)

[Time: 10 AM to 6 PM. Lunch: 1 to 3 PM](#)

The Tai Chi Fighting Set is a combination of Techniques from Pushing Hands and the Tai chi classical sequence. It teaches you how to sense your opponents actions and intentions. From this seminar you will improve your sense of enemy, footwork and strategy when fighting and will also bring your Tai chi form to a deeper level.

Monday 4 October:

♣ **Shaolin Class with Dr. Yang** (Members only, class open to 1st YMAA Stripe up)

[The Martial Arts Academy, Deansgrange](#)

[Time: 10AM to 1 PM.](#)

Take the chance to train the fundamentals of Shaolin Kung Fu with our Master.

Monday 4 October:

♣ **Chin Na (Shaolin & Taiji)**

[The Martial Arts Academy, Deansgrange](#)

[Time: 6 PM – 9PM](#)

'Chin Na' (Qin Na) means 'Seize and Control'. This ancient Shaolin grappling art is the study of controlling an opponent through joint locks and acupuncture cavities.

Dr. Yang will explain that for your Chin Na to be alive, it is most important for a Chin Na practitioner to train and master a technique until it becomes an immediate natural reaction. In a self-defence or sparring situation, there is no time to 'think", and your opponent will not cooperate with you. By repeatedly training Chin Na techniques and understanding their application completely, you will respond to an opponent with an effective Chin Na when the time comes.