

Yang's Martial Arts Association Ireland

Presents

World Renowned Shaolin & Taiji Master Dr Yang, Jwing Ming

Dublin Friday 1st of October – Monday
4th of October 2010

At



THE
MARTIAL ARTS
ACADEMY

[Deansgrange Business Park, Co. Dublin](#)

[Seminars are open to all styles and levels.](#)

Friday 1st October: 6pm – 9pm

Shaolin and Tai Chi Testing

Saturday 2nd October: 10am – 6pm

Taiji Pushing Hands and Taiji wrestling:

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 3rd October: 10am – 6pm

Tai chi Fighting Set: is a combination of techniques from pushing hands and the solo sequence, and serves as a bridge connecting pushing hands with real fighting. Like pushing hands it teaches you how sense you opponent's actions and intentions, but it also teaches footwork and how to set up your strategy, making it more realistic and alive. Anyone who is good at solo sequence and pushing hands should be able to learn the fighting set easily, and make it part of their practice. Advance your Taijiquan, Shaolin or any fighting system by learning how to channel your opponent into the most disadvantaged situation.

Monday 4th October: 6pm – 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.

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Visit our website for more information on Prices, Accommodation, Venue etc. WWW.YMAA.IE