

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Sat. a.m. (\$75) _____

Sat. p.m. (\$50) _____

Sun. a.m. (\$50) _____

Sun. p.m. (\$75) _____

Make check payable to
Lenzie Williams

Send check and registration to:

Tidewater T'ai Chi Center
1015 Langley Road
Norfolk, VA 23507

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Norfolk, VA 23507



Presents

T'ai Chi Ch'uan
with
Lenzie J. Williams

February 24-25, 2007

Ramada Inn on the Beach
615 Atlantic Avenue
Virginia Beach, VA

Gravity is the root of lightness,
Stillness, the ruler of movement.

Stiff and unbending is the principle of death.
Gentle and yielding is the principle of life. — Lao Tzu

Lenzie J. Williams

Lenzie J. Williams is a senior student of Benjamin Pang Jeng Lo and has taught t'ai chi ch'uan in Berkeley, California for the past 25 years (www.taichiberkeley.com). He is a frequent leader of workshops on t'ai chi ch'uan and chi cultivation throughout the United States and abroad. Lenzie was all-around push hands grand champion in 1988 and 1990 at the annual Taste of China competition. In his teaching, he balances the internal and external principles of t'ai chi ch'uan and stresses equally t'ai chi's health, martial, and spiritual aspects.

Training Approach

Standing meditation emphasizes development of the tan tien and cultivation of the chi and is one of the most significant spiritual development tools in t'ai chi ch'uan.

Holding form postures cultivates internal power. Emphasis is placed on details of the postures, transitions that affect sinew development, visualizations that produce sung (relaxation) and awareness of the



tan tien and the relationship between external posture structure and internal development.

Form flow emphasizes increased flow of chi and chi refinement.

Push hands emphasizes conscious development of correct postures and yielding and pushing skills. Push hands opportunities will be available for beginning and advanced students.

Both Saturday classes are a prerequisite for Sunday classes. Please, no exceptions.

No cameras, tape recorders, or video cameras allowed.



Calligraphy by Benjamin Pang Jeng Lo

Saturday

8:30 – 9:00 Check-in

1. AM 9:00 – 12:00 Form class open to all students. Emphasis up to first cross-hands.

12:00 – 2:00 Lunch on your own

2. PM 2:00 – 4:00 Form class up to squatting single whip. Standing meditation. Question and answer period.

Sunday

3. AM 10:00 – 12:00 Advanced form choreography and corrections.

12:00 – 2:00 Lunch on your own

4. PM 2:00 – 5:00 Push hands.

For further information:
Donald Davis
(757) 533-9092
dondavis@verizon.net
www.tidewatertaichi.com

For hotel reservations:
Ramada Inn on the Beach
(757) 425-7800
Say you are with tai chi group to get group discount of \$79.00 per night.