



Ancient Fighting Arts Presents

2 Day Seminar **with Dr. Yang, Jwing-Ming** **in the beautiful green mountains of Vermont**

September 23 & 24 **9:00 am - 5:00 pm**

Push Hands

Pushing hands trains you to develop a sensitivity to your opponent's intention and power (Jing) allowing you to neutralize and counter attack. In Tai Chi Chuan this is called "Listening Jing".
Space limited for this day.



Chin Na (Joint Locks)

Chin Na can be translated as "seize and control", a valuable skill for short range fighting. These joint lock techniques can be applied for any martial arts style and background.



Call to register today: 802-683-5181

Register by July 15th for discount

1 Day—\$175

2 Days—\$325

Register after July 15th

1 Day—\$200

2 Days—\$375



Ancient Fighting Arts
802-683-5181 / email@ancientfightingarts.com
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