

# 波特蘭少林武功中心

*The Portland Shaolin Center Presents:*

## USING WEAPONRY IN THE CHEN TAI CHI STYLE WITH MYK

This six hour workshop covers multiple classical Chinese weapons and their usage within the Chen Tai Chi style. It is split between two day and each day will focus on a different category of weapon.

**Saturday:** Discussion of Chen Tai Chi  
Manipulating the Dan Tien  
Fa-Jing in empty hand forms  
Chen style and Fa-Jing with long weapons (spear and staff)  
Usage and improvisation with long weapons (spear and staff)

**Sunday:** Review of manipulating the Dan Tien  
Review Fa-Jing in empty hand forms  
Chen style and Fa-Jing with swords  
Usage and improvisation with swords

There will be weapons available to borrow at the school but please bring your own if you have them. No sharpened edges.

***All levels of experience  
welcome!***

**SATURDAY, MAY 4TH**

**11 AM - 2 PM**

**SUNDAY, MAY 5TH**

**11 AM - 2PM**



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### CLASS FEE

FULL WORKSHOP: \$85

ONE DAY ONLY: \$45

### ATTIRE

Loose comfortable clothing

Online registration and  
additional information at  
[portlandshaolin.com](http://portlandshaolin.com)

