

2022 Master Jou Birthday Celebration and Tai Chi Festival - ONLINE  
July 9 - 10, 2022

<b>SATURDAY</b>		
Prefestival		
7:45 AM		Link is sent out to everyone
8:45 AM	CJ Rhoads	Zoom Tour: How to arrange your own screens and other tricks.
8:55 AM	Bruce La Carrubba	Bruce will stop by briefly to say "Hi" We will take a group picture of anyone who is there.
9:00 - 9:45	John Loupos	Unraveling Your Spine
10:00 - 10:45	David Chandler	Sun 10 Short Form (PART 1)
11:00 - 11:45	David Chandler	Sun 10 Short Form (PART 2)
<b>12:00 - 12:45</b>	<b>LUNCH</b>	We will take another group picture for anyone not there earlier.
1:00 - 1:45	Bob Klein	Fluidity and Circularity in Forms and Qigong
2:00 - 2:45	Dr. Jay Dunbar	Eight Gates Qigong And Master Jou'S Third Style
3:00 - 3:45	Stephen Watson	Developing the Tools for Recovering and Maintaining Balance
4:00 - 4:45	Rich Marantz	Crossing the Great River in Tai chi chuan
5:00 - 5:45	George Hoffman	Yang Family Balance of Yin & Yang Qigong
Prerecorded	John Painter	Master Jou and Me: Recollections of The Man and Tai Chi Farm

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<b>SUNDAY</b>		
9:00 - 9:45	Dr. CJ Rhoads	Tai Chi & Qigong: How and Why Do They Work?
10:00 - 10:45	David Chandler	Chan Ssu Chin
11:00 - 11:45	Anthony Fragola	Teaching the Yang 24 to Seniors: An Integrated Approach
<b>12:00 - 12:45</b>	<b>LUNCH</b>	
1:00 - 1:45	Bob Klein	The Dynamics of Breathing and Attention
2:00 - 2:45	Kathleen Cusick	Five Animals Qigong
3:00 - 3:45	Stephen Watson	Nèijīāquán drills for Solo practice
4:00 - 4:45	Rich Marantz	Hun yuan Qigong (Primordial Qigong)
5:00 - 5:45	Dr. Chang-Shin [Luke] Jih	Taoist Philosophy of Body, Mind, and Spirit
Prerecorded	John Painter	Master Jou and Me: Recollections of The Man and Tai Chi Farm
Post festival		
5:45 PM	CJ Rhoads	Wrap up and Thank yous to Workshop Leaders & Organizers
5:50 PM	Bruce La Carrubba	Bruce will stop by briefly to say "Goodbye" and to invite you to the 2023 Live Festival We will take a group picture of anyone who was not there earlier.

**WORKSHOP DESCRIPTIONS**

David Chandler	<b>Sun 10 Short Form</b> (Saturday, 10:00-10:45 <i>and</i> 11:00-11:45)
	David Chandler learned this form when he studied directly under Master SunYongtian, Beijing, China . The gentle movements of this dynamic form will awaken the life force in a balanced way, inducing radiant health, serenity and rejuvenation. <i>A step-by-step instructional video of David's teaching using mirror image is available for home practice. Contact David call/text 860-227-1994 or visit <a href="http://www.eaglesquesttaichi.com">www.eaglesquesttaichi.com</a></i>
David Chandler	<b>Chan Ssu Chin</b> (Sunday, 10:00-10:45)
	A silk reeling exercise that utilizes full body range of motion with numerous health benefits including increased flexibility, balance, strength, energy, focus and stress management. This dynamic mindfulness practice improves lymphatic function and joint mobility. Understanding Silk Reeling is fundamental to learning Tai Chi Chuan at its core. David Chandler developed this set out of his study of Chan Ssu Chin with Master Jou. <i>A step-by-step instructional video of David's teaching using mirror image is available for home practice. Contact David call/text 860-227-1994 or visit <a href="http://www.eaglesquesttaichi.com">www.eaglesquesttaichi.com</a></i>
Kathleen Cusick	<b>Five Animals Qigong</b> (Sunday, 2:00-2:45)
	Five Animal Play ( <i>Wǔ Qín Xī</i> ) mimics the movements of the crane, bear, monkey, deer and tiger to strengthen the internal organs and harmonize the five elements (fire, water, earth, wood, metal). The “frolics” are fun and relatively simple—yet have a profound effect on overall well-being: balancing the emotions, focusing the mind, clearing energy blockages, enhancing qi flow, and fortifying the organs, nerves, muscles, and bones. They are perhaps the best-known set of traditional qi gong, with a reputation for producing vibrant health and longevity.
Jay Dunbar	<b>Eight Gates Qigong And Master Jou'S Third Style</b> (Saturday, 2:00-2:45)
	WǔHǎo 武郝 is the third style pictured in <u><a href="#">The Dao of Taijiquan</a></u> . It is the rarest outside of China of the five major styles and the least demonstrative: a “ <i>xiǎo jiā</i> .” Master Jou learned from a Hao family member; but in the early 1980's, he was concentrating on Chen and Yang, reserving the WǔHǎo style “for his old age.” Jay was the last to learn it from him. It fosters “mind method.” Eight Gates (Ba Men) Qigong, derived from Master Jou's silk reeling exercise, defines the 8 energies that power the postures of all styles.

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Anthony Fragola	<p><b>Teaching the Yang 24 to Seniors: An Integrated Approach</b> (Sunday, 11:00 - 11:45)</p>
	<p>In teaching the Yang 24 Simplified Form to seniors whose average age is in the mid-70's, I take a holistic approach drawn from many teachers. My progressive approach begins with a series of warm up exercises, then I add movement and strengthening exercises. Most members of this group have never had martial arts training and are not directly interested in it, so I focus on Fall Prevention, Body/Mind Connection, Balance, Body Awareness and Building Self-Confidence. The form is the expression, the vessel for all the elements of Tai Chi Chuan so I spend less time on the form than the components that go into it. Nevertheless, the students derive great satisfaction from knowing the form, and I don't undervalue it.</p>
George Hoffman	<p><b>Yang Family Balance of Yin &amp; Yang Qigong</b> (Saturday, 5:00-5:45)</p>
	<p>A valuable exercise for strengthening and mobilizing the Qi first described by Chen Yen-lin about 1930 based on Yang Family documents: "Taiji Qigong allows the sinews and bones to be stretched and expanded, causing the blood and Qi to unite, increasing the internal energy." Reportedly one of Master Jou's favorite Qigong, come experience/re-experience this powerful health enhancing, qi cultivating exercise. In addition to the exercise itself, we'll play with the breath, rooting and whole body connection. You'll want to add this one to your qigong repertoire.</p>
Luke Jih	<p><b>Taoist Philosophy of Body, Mind, and Spirit</b> (Sunday, 5:00-5:45)</p>
	<p>Taoist philosophy and the cultivation of body, mind, and spirituality will be introduced in this workshop. Taoist understanding of body includes the physical body, bio-energy body, and dharma body. These three bodies are related to three spaces and three treasures of energy: jing, qi, and shen. Upper space – cosmic energy (宇宙能量); Middle space – reincarnation energy (轉世能量); Lower space – personal energy (本體能量). The three spaces are three donations that can be used as cauldrons (鼎). Working with those spaces helps us address health issues and set up our resonance/response (ganying 感應) with the social world, and cosmos.</p>
Bob Klein	<p><b>Fluidity and Circularity in Forms and Qigong</b> (Saturday, 1:00-1:45)</p>
	<p>How to keep every part of the body moving in fluidly during each movement of any form. Each pattern of movement begins at the center and then emanates throughout the body in waves. This is the way you let go of tension and free the body from rigidity. We will examine the creation of the movement at the center by creative relaxation, using several movements that are common in all Tai-chi forms and then yielding the body to the created energy. <i>For more information on available home study materials, books, and video visit <a href="https://store.movementsofmagic.com">https://store.movementsofmagic.com</a></i></p>

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Bob Klein	<b>The Dynamics of Breathing and Attention</b> (Sunday, 1:00-1:45)
	The issue of teaching breathing in Tai Chi and Qigong is controversial. This workshop will show how the dynamics of breathing is important to teach and how it softens the rigidity of attention. We will learn Qigong exercises that turn attention into a fluid medium so it can connect with all parts of the body and, combined with proper breathing, generate internal energy. <i>For more information on available home study materials, books, and video visit <a href="https://store.movementsofmagic.com">https://store.movementsofmagic.com</a></i>
John Loupos	<b>Unraveling Your Spine</b> (Saturday, 9:00-9:45)
	Spinal flexibility and resilience are essential to good Tai Chi. In this presentation Sifu John will share some of his favorite methods for opening and strengthening the spine.
Rich Marantz	<b>Crossing the Great River in Tai chi chuan</b> (Saturday, 4:00-4:45)
	Participants will be guided through a step-by-step process to develop and feel the Tai chi concept of Crossing the Great River. Understanding and embodying this concept allows the practitioner to experience stability, centeredness and balance within their Tai chi practice.
Rich Marantz	<b>Hun yuan Qigong (Primordial Qigong)</b> (Sunday, 4:00-4:45)
	A simple yet profound sequence of 12 movements that brings the practitioner through the process of gathering and moving Qi, circulating Qi through the 8 extraordinary channels and culminating in stillness.
CJ Rhoads	<b>Tai Chi &amp; Qigong: How and Why Do They Work?</b> (Sunday, 9:00-9:45)
	Tai Chi and Qigong have widespread health benefits, both mental and physical. In this workshop, we will go through a series of activities that can help demonstrate exactly how and why Tai Chi and Qigong impact the body and the mind in order to provide the kind of health benefits for which medical research is providing support.

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Stephen Watson	<p align="center"><b>Developing the Tools for Recovering &amp; Maintaining Balance</b> (Saturday, 3:00-3:45)</p>
	<p>Whether through wear and tear, injury, or the simple fact of aging, we all tend to lose access to our physical balance. Sometimes it is through a sudden loss; sometimes it is through a creeping loss of function. Often, the loss of confidence in our physical balance contributes to a decline of our emotional and mental balance, as well. Our access to balance, in all its forms, is increasingly necessary to remember, recover, &amp; rebuild. The subsystems of balance include interoception, proprioception, flexibility, strength, focus, awareness, and alignment. Let's develop the ingredients needed to make this work! Using external supports, we will work on exercise for strength and mobility, range of motion, and duration of expression. Bring a cane, walker, or walking stick if you'd like!</p>
Stephen Watson	<p align="center"><b>Nèijiāquán drills for Solo practice</b> (Sunday, 3:00-3:45)</p>
	<p>Our forms are great. Necessary, even. But many important elements of our practice only show up once in a given form. Maybe twice. Meanwhile, other expressions of our art repeat themselves with regularity. A well-designed drill allows us to deepen our practice around these less-often practiced movements and postures. As an attendee, you will be introduced to a variety of drills to meet and challenge you at your unique level of expertise. Practice is the most important ingredient in any Art. Drills allows us to engage purposefully with the powerful lessons available to us within our Arts. These drills will put our legs through their paces. These drills can be practiced empty-handed or with tools. All students will quickly gain powerful take-home drills to deepen their self-care, relationship to their Art, and personal practice.</p>
John Painter	<p align="center"><b>Master Jou and Me: Recollections of The Man and Tai Chi Farm</b> (Recorded Video - available for 1 week)</p>
	<p>This is a series of short stories about the many adventures Master Jou and I shared over the 20 years of our friendship. Some are funny, some are lessons, a few are sad but they all show the real man as a real man and not just a master of Taijiquan. I hope it will help others understand what it was like "down on the farm!" Thank You, John P . Painter PhD. ND Shigong Daoqiquan Trust The Art - Trust The Shifu - One and the Same <a href="http://www.thegompashop.com">www.thegompashop.com</a> <a href="http://www.thegompa.com">www.thegompa.com</a></p>