

# Master Jou, Tsung Hwa Birthday Celebration and Tai Chi Festival

## Online Portion July 17-18, 2021



Each summer since 2001 on the weekend closest to his birthday (July 13th) the colleagues, friends, and students of the late world-renowned author and T'ai Chi Grandmaster Jou, Tsung Hwa (1917-1998) gather to honor his teachings at The Master Jou, Tsung Hwa Memorial T'ai Chi Park in scenic Wantage Township, NJ.

To celebrate and honor Master Jou's life and teachings, we cordially invite you to attend the 2021 1-day live event or the online version of The Master Jou Festival with many of the renowned teachers who have shared their energy and expertise with you in past years. The live, in-person festival will take place on Saturday, July 10 from 9 AM to 5 PM at T'ai Chi Park and the virtual online 2-day festival will take place on Saturday and Sunday, July 17-18 from 8:45 AM to 6:00 PM.

Saturday July 17, 2021 from 8:45 am to 6:00 PM

PRESENTER	WORKSHOP TITLE	TIME	WORKSHOP DESCRIPTION	WEBSITE	PRESENTER BIO
CJ Rhoads	<b>Logistics: 5 minute tour of Zoom</b>	8:45 - 9:00	CJ will do a whirlwind tour of zoom; chatting, pinning, fullscreen versus window, speaker view versus gallery view. Also muting and unmuting and video or no video. Guests <b>within</b> the zoom are asked to stay muted with video off during the main presentation, but may unmute and turn on video to ask questions at appropriate times.	<b>Logistics: 5 minute tour of Zoom</b>	
Bruce La Carrubba	Inner Smile//5-Element/Cell & Organ Cleansing QiGong (You will need a chair as this is a guided, seated meditation)	9:00 - 9:45	Learn to use the principles of Master Jou, Tsung Hwa. The Li family cleansing qigong as learned from Dr. John Painter; the ancient Chinese practice of the "inner smile" as learned from Master Mantak Chia; and the 5-cloud/5-element practices of Master HuaChing Ni, to cleanse the cells and organs of toxic substances generated by the body's "stress circuit". This is a simple and effective practice for dealing with the stressors encountered in everyday life. We will learn to access the ever-present healing/restorative powers of nature and of the 5 elements to detoxify the cells and convert harmful negative energy into positive healing energy. We will further explore how the mind/intent(Yi) can actually transform physical cell structure, moving from particle to wave as is being proven in the field of Quantum Physics. I'll be presenting 2 workshops, so feel free to put in descriptions for multiple workshops as we cobble out a schedule for another memorable gathering of Master Jou's Tai Chi Family.	<a href="https://taichipark-masterjoutsunghwa.org/">https://taichipark-masterjoutsunghwa.org/</a>	Bruce La Carrubba operates the Master Jou, Tsung Hwa Memorial Tai Chi Park in Wantage, New Jersey and teaches Master Jou's taiji, qigong, and meditation principles in New Jersey and South Florida.
David Ritchie	Relaxation, Rooting and Imagination	10:00 - 10:45	These three important internal aspects of Tai Chi will be practiced in this workshop. Relaxation is the key to allowing Qi flow through the body. A human being is powered by Qi. Qi is to Tai Chi what gasoline is to a gas powered engine. Rooting is the form's connection to the ground while imagination is important for controlling Qi flow for health and internal power. In this workshop we will do activities that involve breathing, relaxation, focus and imagination to improve your Qi flow. These are all important for health, smoothing Qi flow, strengthening your internal self and leading to better meditative movement when practicing Tai Chi or Qigong.	<a href="https://www.centralconnecticuttaichi.com/">https://www.centralconnecticuttaichi.com/</a>	Sifu David Ritchie began training in the martial arts in 1969. His first taijiquan (tai chi chuan) instructor, Master Ben Wong, invited him as a special guest to join the Sabah Tai Chi Association of Sabah, East Malaysia. In Sabah, Sifu Ritchie's instructor was Master Wong Li Sung, under Grandmaster Huang Xing Xian, who was a senior disciple of Grandmaster Cheng Man Ching. Sifu Ritchie then studied under Master Wong Yi in Hong Kong, the Thai Elders (former Cheng Man Ching students) in Bangkok, Thailand and throughout the years with well known masters in the US. Sifu Ritchie has formally been teaching taijiquan since 1983, and founded Central Connecticut Tai Chi Chuan (CCTCC) in Meriden, CT in 1989. This was the first taijiquan school in New England to offer complete year-round taijiquan programs with 10 instructors and over a dozen classes each week. Sifu Ritchie has also taught taijiquan in several corporate settings such as ESPN, the Ntl. Arthritis Foundation and the Ntl. MS Society of CT. Sifu Ritchie was an assistant professor at Quinnipiac University where he taught taijiquan in the PE dept., and medical qigong lab for students in the Dept. of Health Sciences.
David Chandler	Chan Ssu Chin	11:00 - 11:45	The Chan Ssu Chin is a total body awareness, energy exercise system that includes full range of motion and functions as a moving meditation and mindfulness practice. With movements that follow the path of the Yin/Yang sphere, health benefits include increased flexibility, balance, energy, mental acuity and stress reduction and also improves lymphatic function and joint mobility. Understanding Reeling Silk is fundamental to learning Tai Chi Chuan at its core. This particular Chan Ssu Chin Form was created by David Chandler, based on principles he learned from Master Jou Tsung Hwa. An instructional DVD is available to purchase for home practice. Appropriate for all levels. No Tai Chi experience necessary.	<a href="http://www.eaglesquesttaichi.com">www.eaglesquesttaichi.com</a>	David Chandler was one of the regular presenters at Master Jou's original Chang San Feng Festival at Tai Chi Farm in Warwick, NY. He has been a regular presenter at our Master Jou Birthday Celebration & Tai Chi Festival since 2001. David is the founder and director of Eagles Quest Tai Chi Center and has been studying Tai Chi since 1975 when he experienced his first Tai Chi class at the University of Utah with Bill Parkinson. As a college student looking for a way to manage his own sports related back injury, David personally experienced the healing benefits of Tai Chi. His studies of Tai Chi continued on the east coast when he moved to NYC to pursue a career in theater and eventually began teaching Tai Chi to professional actors. In addition to being a Master Teacher of Tai Chi Chuan, David Chandler is a professional actor and fight choreographer, as well as a certified hypnotist and acudetox specialist. He teaches Tai Chi, Qigong, Stage Combat and Theater in the community, as well as high school and college classes throughout the state of Connecticut. David lives in Waterford, CT with his wife Debbie.
	<b>*** LUNCH ***</b>	12:00 - 12:45	Grab something to eat and return to the zoom to turn on your video and share with your Tai Chi friends and family	<b>*** LUNCH ***</b>	<b>*** LUNCH ***</b>

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PRESENTER	WORKSHOP TITLE	TIME	WORKSHOP DESCRIPTION	WEBSITE	PRESENTER BIO
John Loupos M.S., H.S.E.	Hands, Wrists, Arms, and Shoulders - Yeah, All That	1:00 - 1:45	This presentation's focus will be on getting your best Tai Chi Hands, Wrists, and Arms... and Fingers too. Most people's upper extremities suffer from varying degrees of decline as they age. Especially for Tai Chi'ers age-related decline can reduce sensitivity, control, and qi flow. Happily, this series of simple movement patterns will restore both function and sensitivity to your arms and hands. These methods are easy to learn, and so effective that you'll feel results immediately.		Sifu John Loupos M.S., H.S.E. has been teaching Chinese martial arts since 1968. He is founder of Jade Forest Kung Fu/ Tai Chi & of the Pain and Mobility Clinic in Cohasset, Ma. He has published numerous articles in various journals as well as several critically acclaimed books on Tai Chi, & an instructional DVD. In addition to his martial arts, John has a background in Classical Homeopathy & Hanna Somatic Education. He has been a past presenter at the Tai Chi Enthusiasts Festival, as well as at the Zhang San Feng Festival & the Tai Chi Symposium.
Bob & Jean Klein	Circular Form: How to keep every part of the body moving in circles during each movement of any form.	2:00 - 2:45	Each pattern of circles begins at the center and then emanates throughout the body in waves. This is the way you can let go of tension and free the body from rigidity. We will examine several movements that are common in all Tai-chi forms.	<a href="http://www.movementsofmagic.com">www.movementsofmagic.com</a>	Bob Klein was certified as a Taichi teacher in 1975 by Grandmaster William C. C. Chen. His Long Island School of Tai chi in Suffolk County has taught thousands of students since then. Mr. Klein began his career as a zoologist, working with hundreds of species in the wild and captivity. This was a perfect background to learn a system of exercises based on animal movements. Bob is the author of the Taichi books: "Movements of Magic – the Spirit of Taichi Chuan" and "Movements of Power – Ancient Secrets of Unleashing Instinctual Vitality" as well as the adventure novel, "The Doubling Snake". He teaches on over 30 instructional DVD's. His classes include many Taichi forms, chigung, push hands, zookinesis age reversal exercises and Taichi Chuan (Taichi as self-defense) and he does many workshops around the country at Taichi schools, hospitals, universities, and senior centers. Mr. Klein has been featured in many Tai chi magazines. His school in Sound Beach was Long Island's first Taichi school, founded in 1975. *Jean Klein is a certified teacher of Taichi and Pilates and other exercise and holds a PTA degree in physical therapy. She has worked in these fields since the 1980's and has taught at Taichi schools, universities, hospitals and government facilities since then. Jean teaches on several instructional DVD's.
Stephen Watson	Zhàn Zhuāng, the Mother Practice	3:00 - 3:45	Delve into the realm of beginnings. The root of all branches is bears the fruit of all styles. Zhàn Zhuāng and her variations will be introduced, tested, varied, and embraced. We'll begin with a Tàijítú Wúxíng Zhàn Zhuāng set and go on to introduce ourselves to a variety of powerful and practical standing postures and variations. We may even get to some (試力) Shìlì! You want healing? Zhàn Zhuāng has it! You want Philosophy? Zhàn Zhuāng has it! You want a workout? Zhàn Zhuāng has it! You want Application? Zhàn Zhuāng has it! You want Meditation? Zhàn Zhuāng has it! You want Vitality? Zhàn Zhuāng has it!	<a href="https://www.patreon.com/SomedayFarm">https://www.patreon.com/SomedayFarm</a>	Stephen Watson has immersed himself in Eastern philosophy for over 31 years. Taoism, the philosophical root of Taiji, is made clearer in a moment with Stephen than in poring over dozens of translations from the Classics. Stephen's martial training (the how) began in concert with his interest in philosophy (the why). His motto is: When you have enough Why's you have Wise. He specializes in transmitting a profound understanding of why. Ask a question and he will show you that you already know why. There are no hidden treasures only closed eyes. Stephen is has been featured in Inside Kung-Fu magazine and is known the world over for his engaging personality, kind-hearted approach to teaching and, of course, his world-class skill. Stephen travels the world offering workshops on various Chinese martial arts. Stephen Watson is the only person to compete in, referee at, and teach at martial arts tournaments for every umbrella organization at their national level. He is an International, 18-time US, and now World Champion in Taiji Push Hands. He operates a small martial arts school in Connecticut where he hosts masters from far and yon. His teachers include every person he has ever met. Come be his next teacher. You can follow him at: <a href="http://twitter.com/ShhDragon">http://twitter.com/ShhDragon</a> .
Rich Marantz	Process of Movement through Tai Chi Chuan	4:00 - 4:45	Participants will explore various process of movement in Tai chi chuan such as: Open Close Gather Release; From the ground through the body.	<a href="https://greenmountaintaichi.com/">https://greenmountaintaichi.com/</a>	Rich Marantz is the director and instructor at Green Mountain Tai Chi in southwestern Vermont. Rich has been a student and practitioner of the Chinese healing, martial, meditative, and philosophical arts for 28 years. He studied with Master Jou, Tsung Hwa at the Tai Chi Farm, and is certified in the instruction of Tai Chi and Qigong as well as External qi healing under Wudang Taoist Master Yun, Xiang Tseng.
George Hoffman	Marrow Washing Qigong	5:00 - 5:45	Come work with this sixteenth century qigong that can help us cleanse our bone marrow, strengthen our bones and enhance the effectiveness of our body's immune system. Learn simple stance, movement, breathing and focused intention techniques to help strengthen your whole body ad have a positive impact on your long-term health and well-being.	<a href="http://www.silverdragontaichi.com">www.silverdragontaichi.com</a>	George Hoffman, Director Silver Dragon Tai Chi & Qi Gong, LLC. George has had 22+ years in teaching and 28+ years of continuous study and practice of the arts of Tai Chi & Qigong. He has successfully developed and continues to deliver classes in both arts for a number of public and private recreational, community and health-focused healing centers. His goal is to give students the tools with which to reap the ongoing health and self-healing benefits associated with these wonderful ancient Chinese arts.
Bruce La Carrubba & CJ Rhoads	Wrap Up	5:45 - 6:00	Bruce and CJ will answer any questions people might have about logistics or the following day. We will end with a quick overview and goodbye.	<a href="https://taichipark-masterjoutsunghwa.org/">https://taichipark-masterjoutsunghwa.org/</a>	

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PRESENTER	WORKSHOP TITLE	TIME	WORKSHOP DESCRIPTION	WEBSITE	PRESENTER BIO
John Painter	Architecture of Internal Power: Learn The Real Structure of Internal Energy	Available from July 17 to July 24, 2021	If you want to truly understand internal power without mysticism and pseudo science then come discover the scientific principles of producing internal and external force in the body. Dr. John Painter explains the details of how the structure of the body is designed to produce the amazing abilities of internal martial arts masters and he demonstrates how virtually anyone can accomplish such abilities in a short time with correct practice. Dr. Painter demonstrates the methods you will need for understanding what it really means to "sink the Qi to the Dantian" and how to correctly use the mind and body to manifest the often misunderstood principle of intention (Yi) and heart (Xin) to create "Whole Body Energy". He fully explains and instructs how to understand the physiology of the "Reverse Breath" known as "breathing without breathing AKA Tiger Shout principle to produce tremendously powerful pushing, pulling and striking energy for martial applications.	<a href="https://thegompa.com/shop/master-jou-birthday-celebration/">https://thegompa.com/shop/master-jou-birthday-celebration/</a>	John Painter the head teacher of The Gompa began his training as a young boy in Chinese and internal martial and healing arts with master Li, Long-dao of Sichuan province. He studied with the master from 1957 to 1969. From there he went on to study Chinese medicine, massage and acupressure with Dr. Pao, Sun-Lung of Hong Kong and Tibetan yoga and meditation with Lama Trangu Rinpoche. He attended Texas Tech University majoring in psychology and theater arts. Dr. Painter holds a Ph.D. in Naturopathic medicine is listed in Who's Who in the Chinese Martial Arts. Master, Founders and Leaders of the Chinese Martial Arts and was elected to the Texas Martial Arts Hall of Fame and was twice elected to the Inside Kung Fu Magazine Hall of Fame. Dr. Painter has appeared in feature films and on many martial arts magazine covers. He is the author of hundreds of articles on Chinese medicine, healing principles and the internal martial arts. Dr. Painter has also been heavily involved in medical and scientific research involving the study of Qi, (Ch'i) life force energy, through work with the Life Sciences Qi Research Institute. He has received awards from NASA and other science organizations for his work. John Painter's website is <a href="https://www.thegompa.com/">https://www.thegompa.com/</a> .
	Li Taijiquan Long Form		This video lesson contains two programs. The first is an explanation by Dr. Painter of Taijiquan principles and warm up exercises plus the Li family short form the Five Treasures Grand Ultimate Fist (Wu-bao Taijiquan 五寶太極拳). The second section presents a longer form containing the original Li family principles along with elements of traditional Yang and Chen styles. This hybrid form created by Dr. Painter and Andrew Garza in 1990 was called Willow Taijiquan (Liu Taijiquan 柳太極拳). Dr. Painter demonstrates the three part set with a voiceover of the Taijiquan classics being read to illustrate the moves. Master, Jou Tsung Hwa on seeing this form said, "John, Yes, all parts move, all parts stop, whole body move together very good!" We hope you enjoy this slice of Li family internal arts history.		
Stephen Hwa	Achieving Health and Well-Being Through Classical Tai-Chi Training		Contents: 1. Addressing the venerability of the body. 2. Health benefits from developing internal power.	<a href="https://www.youtube.com/watch?app=desktop&amp;v=7IXAN0t3pXE">https://www.youtube.com/watch?app=desktop&amp;v=7IXAN0t3pXE</a>	Stephen Hwa was born in Jiangsu, China in 1933 and emigrated to the U.S. in 1957 for graduate study. After receiving a doctorate degree in engineering, he worked for several companies, including Xerox in Rochester, NY.  In 1974, Hwa took his first Tai Chi class with Grand Master Young Wabu, a student of legendary master Wu Chien Chuan. Impressed by Young's teaching and what Tai Chi could offer, Hwa made Tai Chi a part of his life and began his avid study of the discipline. In addition to learning from Young Wabu, he also participated in classes taught by Young's daughter, Master Sonia Young. Hwa became fascinated with the underlying principles that unified Tai Chi's seemingly complex movements. He has distilled the knowledge he gained into the fundamental principles of classical Tai Chi with its unifying principle of Internal Discipline.

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Mark Gallagher	Key Fundamentals of Qigong Practice	9:00 - 9:45	Qigong is more than just breath-work, movements & visualizations. Practice can be a full energetic experience providing optimal health, healing for specific ailments, a deeper understanding of ourselves and the world we live in, and a source of endless JOY. Many practitioners train Qigong movements and routines as an adjunct to their method, but few make Qigong the primary focus of their time spent in practice. Whatever your approach, the same energy principles apply. The Joy of Qigong practice is in unlocking the deeper subtleties within the most simple of patterns. Join Mark Gallagher as we explore some Key Fundamentals that should be included in every Qigong routine: Opening up, Meridian Flow, Relax & Release, Grounding, Directional breathing, Platforms of practice, Mindfulness, Stillness & Movement and the 3 Circles that form the roots of human energetics.	<a href="http://www.spartataichi.com">www.spartataichi.com</a>	Mark S. Gallagher is a member of the National Qigong Assoc. (NQA), Institute for Spiritual Development. Mark has studied Chinese Internal Health practices for over 20 yrs., and recently earned a doctorate in Medical Qigong (DMQ). Master Teachers Dr. Christopher Viggiano, Dr. Ted Cibik, Jianye Jiang, and Yuzhi Lu.
Bob & Jean Klein	Self Defense Principles in Tai-chi Forms	10:00 - 10:45	We will see how the form teaches the principles of movement and dynamics of energy that specifically train you for self defense. This is not just about techniques but how to generate power and neutralize the opponent's power. Form principles train you to be comfortable within the opponent's fighting space and use his movements to add to your power. We will explore the applications of some movements and their implications for defense strategy.	<a href="http://www.movementsofmagic.com">www.movementsofmagic.com</a>	Bob Klein was certified as a Tai chi teacher in 1975 by Grandmaster William C. C. Chen. His Long Island School of Tai chi in Suffolk County has taught thousands of students since then. Mr. Klein began his career as a zoologist, working with hundreds of species in the wild and captivity. This was a perfect background to learn a system of exercises based on animal movements. Bob is the author of the Tai chi books: "Movements of Magic – the Spirit of Tai Chi Chuan" and "Movements of Power – Ancient Secrets of Unleashing Instinctual Vitality" as well as the adventure novel, "The Doubting Snake". He teaches on over 30 instructional DVD's. His classes include many Tai chi forms, chigung, push hands, zookinesis age reversal exercises and Tai chi Chuan (Tai chi as self-defense) and he does many workshops around the country at Tai chi schools, hospitals, universities, and senior centers. Mr. Klein has been featured in many Tai chi magazines. His school in Sound Beach was Long Island's first Tai chi school, founded in 1975. *Jean Klein is a certified teacher of Tai chi and Pilates and other exercise and holds a PTA degree in physical therapy. She has worked in these fields since the 1980's and has taught at Tai chi schools, universities, hospitals and government facilities since then. Jean teaches on several instructional DVD's.
David Chandler	Temple Exercises: Energy Sequence	11:00 - 11:45	It has been suggested that historically, The Temple Exercises were practiced by the monks to develop their bodies for enhancement of their meditation practices. This particular set was developed by David Chandler to amplify the stretching qualities of the exercises and increase chi cultivation through connective tissue activation. The Temple Exercises Energy Sequence are easy to learn and can be practiced by beginners and advanced players both as a warm up before playing Tai Chi or as a complete practice. The workshop will include a handout of the basic set taught by David Chandler for continued home practice.	<a href="http://www.eaglesquesttaichi.com">www.eaglesquesttaichi.com</a>	David Chandler was one of the regular presenters at Master Jou's original Chang San Feng Festival at Tai Chi Farm in Warwick, NY. He has been a regular presenter at our Master Jou Birthday
	<b>*** LUNCH ***</b>	<b>12:00 - 12:45</b>	Grab something to eat and return to the zoom to turn on your video and share with your Tai Chi friends and family	<b>*** LUNCH ***</b>	<b>*** LUNCH ***</b>
Kathleen Cusick	Five Animals Qigong	1:00 - 1:45	Five Animal Play (Wuqinx) is perhaps the best-known set of traditional medical Qigong. The exercises mimic the movements of the crane, bear, monkey, deer and tiger to harmonize the five elemental energies (fire, water, earth, wood, metal). The "frolics" are fun and relatively simple – yet have a profound effect on overall well being. They balance the emotions, focus the mind, clear energy blockages, enhance qi flow, and fortify organs, nerves, muscles, and bones.	<a href="http://www.magictortoise.com/">http://www.magictortoise.com/</a>	Kathleen Cusick, a teacher with the Magic Tortoise Taijiquan School, has studied Taijiquan since 1984 with a variety of teachers, including the fourth generation Yang family lineage holder Yang Zhenou. She was a featured instructor at Tai Chi Farm, and with the Southern Women's Martial Artists Network and the National Women's Martial Arts Federation's Special Training. She is also a guild certified Feldenkrais Method practitioner.
Dr. Jay Dunbar	Master Jou'S Third Style	2:00 - 2:45	In the early 1980's, Master Jou was concentrating on Chen and Yang styles, reserving the Wu/Hao style "for his old age." Jay was the last student to whom he taught the style. It is understated, tranquil, and meditative, with high stances, subtle footwork, and movements that approach formlessness. It fosters internal focus, "mind method," through concentration on opening and closing (kai-he) and application of the "11-T Rule." Once when he insisted three or four of us join him in the back seat of a car, Master Jou said "I can make myself very small!" In this workshop, let's see how "small" we can be!	<a href="http://www.magictortoise.com/">http://www.magictortoise.com/</a>	Jay Dunbar, Ph.D., studied with Master Jou from 1978 to 1998. His dissertation on Taijiquan at UNC-Chapel Hill (1991), "Let A Hundred Flowers Bloom: a Profile of Taijiquan Instruction in America," alerted the Taijiquan community to the need for an emphasis on safe knee dynamics. It is available at <a href="http://www.magictortoise.com">www.magictortoise.com</a> . Dr. Jay is the founder and director of the Magic Tortoise Taijiquan School in Chapel Hill NC.
Stephen Watson	Commencement Exercises	3:00 - 3:45	The Advanced student is one who practices the basics - often, sincerely, diligently, and deeply. Return to the basics time and again and you will be rewarded with expertise. Every practice has at its own start a Commencement Element. A bow. A cleansing. A settling. A centering. In this workshop, we will explore a variety of Commencement Exercises from a plethora of modalities. Movement and Stillness, Cultivating and Expressing. Having a personal and personalized entry into a good practice makes for a great practice. Deepen any practice brought to you by your teacher by bringing to the practice a Whole you. Begin at the Beginning, sure. Make your way through the beginning while an intermediate student...yes, certainly. When you find yourself at destination Expert, find your way back to our common beginnings: Bowing, Breathing, & Being.	<b>school forum:</b> <a href="http://www.SomedayFarm.org">www.SomedayFarm.org</a>  <b>follow us:</b> <a href="http://twitter.com/ShhDragon">http://twitter.com/ShhDragon</a>	Stephen Watson has immersed himself in Eastern philosophy for over 31 years. Taoism, the philosophical root of Taiji, is made clearer in a moment with Stephen than in poring over dozens of translations from the Classics. Stephen's martial training (the how) began in concert with his interest in philosophy (the why). His motto is: When you have enough Why's you have Wise. He specializes in transmitting a profound understanding of why. Ask a question and he will show you that you already know why. There are no hidden treasures only closed eyes. Stephen is has been featured in Inside Kung-Fu magazine and is known the world over for his engaging personality, kind-hearted approach to teaching and, of course, his world-class skill. Stephen travels the world offering workshops on various Chinese martial arts. Stephen Watson is the only person to compete in, referee at, and teach at martial arts tournaments for every umbrella organization at their national level. He is an International, 18-time US, and now World Champion in Taiji Push Hands. He operates a small martial arts school in Connecticut where he hosts masters from far and yon. His teachers include every person he has ever met. Come be his next teacher.

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PRESENTER	WORKSHOP TITLE	TIME	WORKSHOP DESCRIPTION	WEBSITE	PRESENTER BIO
Dr. CJ Rhoads	Pain Freeing Qigong	4:00 - 4:45	<p>Description: How Would You Like To...</p> <ul style="list-style-type: none"> <li>• Decrease back pain, neck pain, knee pain, joint pain, tendon pain, or any other kind of pain?</li> <li>• Decrease the stiffness and pain from arthritis?</li> <li>• Understand the pain mechanism in the body?</li> <li>• Know what increases pain and what decreases pain?</li> <li>• Regain the energy and flexibility of youth?</li> <li>• Feel less tired and depressed?</li> <li>• Increase strength and stability?</li> <li>• Prevent falls and regain your balance?</li> <li>• Feel less annoyed when dealing with difficult people?</li> <li>• Increase your memory and fend off the effects of dementia and old age on the brain?</li> <li>• Live a longer, healthier, happier life?</li> </ul> <p>Health research shows what we've always known: daily qigong is an effective answer to many age-old problems. Join this workshop for Pain Freeing Qigong. CJ Rhoads has lived in chronic pain since November 5, 2002 when she was injured in a devastating car accident. But she doesn't let her chronic pain stop her. She cracked the code of how pain works, and learned to short-circuit the pain mechanism so that she can completely ignore the pain and live a full, productive, successful life. The lessons she has learned can help you deal with any and all your pains, both small and great, whether caused by muscles, joints, or nerves. The qigong she developed serves as a mnemonic to the activities necessary to stay out of pain and live a healthier, fuller, life.</p>	<a href="http://www.taijiquanenthusiasts.org">www.taijiquanenthusiasts.org</a>	Dr. CJ Rhoads. has been studying Taijiquan for almost thirty years. Rhoads was one of the founding members of the Taijiquan Enthusiasts Organization, a worldwide virtual organization of health and martial artists, and she enthusiastically attended many Zhang San Feng Festivals at the Tai Chi Farm. She is also the developer of a leadership and self-development curriculum for children based upon the principles of Taijiquan. She holds several certifications to teach Taijiquan, is a member of the National Qigong Association, and has been named Taijiquan Promoter of the Year. Rhoads has firsthand experience regarding the transforming powers of the gentle art of Taiji. Since her devastating accident in 2002, Rhoads was named one of Pennsylvania's Best 50 Women in Business, an Athena award winner, and one of the Most Influential Women in Eastern PA, and Top Faculty Researcher. She was also named the National Champion and Gold Medal winner in Female Push Hands in October 2009 in the International Chinese Martial Arts Tournament circuit. Currently, she spends a lot of her free time working with Bill Douglas and Angela Wong making sure that World Tai Chi & Qigong day keeps growing world-wide, and she helps Bruce LaCarrubba maintain the Master Jou, Tsung Hwa Memorial Tai Chi Website.
Dr. Chang-shin [Luke] Jih, MS, MA, Ph.D	Integration of Tai Chi & Physical Therapy	5:00 - 5:45	This workshop shares with audiences a personal journey, a newly found mission and an innovative attempt to create an offspring that combines the merits of physical therapy with the movements of Tai Chi and imagery of animals, and nature. Dr. Jih was hit by the stroke unexpectedly on January 20th, 2021. But, within 90 days (normally it will take 180 days to a year), he restores his independent life with health and well-being. How did the combination of physical therapy and a half century of Tai Chi and meditation trainings help him to work through the difficult challenges of paralyzed right hand and leg will be the focus of this workshop. It is a story of triumph of Tai Chi and meditation training. Do not miss it	<a href="http://www.taijiquanenthusiasts.org">www.taijiquanenthusiasts.org</a>	Dr. Luke [Chang-shin] Jih is a college professor specializing in the fields of "Asian Philosophy," and "Rituals of Body, Mind and Healing in the World Religions." He is an author and advocator for "Inter-Religious Dialogue and Enrichment." In addition, Dr. Jih is also monastery-trained and certified instructor in Taoist Meditation and Inner Alchemy. He had been rewarded as black-belt Tai Chi instructor and earned innumerable certificates on the fields of holistic healing such as Qi-Qong, Yoga and Vipassana Meditation, just name a few.
Bruce La Carrubba & CJ Rhoads	Wrap Up	5:45 - 6:00	Bruce and CJ will answer any questions people might have about logistics or the following day. We will end with a quick overview and goodbye.	<a href="https://taichipark-masterjoutsunghwa.org/">https://taichipark-masterjoutsunghwa.org/</a>	
John Painter	Architecture of Internal Power: Learn The Real Structure of Internal Energy	Available from July 17 to July 24, 2021	<p>If you want to truly understand internal power without mysticism and pseudo science then come discover the scientific principles of producing internal and external force in the body. Dr. John Painter explains the details of how the structure of the body is designed to produce the amazing abilities of internal martial arts masters and he demonstrates how virtually anyone can accomplish such abilities in a short time with correct practice.</p> <p>Dr. Painter demonstrates the methods you will need for understanding what it really means to "sink the Qi to the Dantian" and how to correctly use the mind and body to manifest the often misunderstood principle of intention (Yi) and heart (Xin) to create "Whole Body Energy". He fully explains and instructs how to understand the physiology of the "Reverse Breath" known as "breathing without breathing AKA Tiger Shout principle to produce tremendously powerful pushing, pulling and striking energy for martial applications.</p>	<a href="https://thegompa.com/shop/master-jou-birthday-celebration/">https://thegompa.com/shop/master-jou-birthday-celebration/</a>	<p>John Painter the head teacher of The Gompa began his training as a young boy in Chinese and internal martial and healing arts with master Li, Long-dao of Sichuan province. He studied with the master from 1957 to 1969.</p> <p>From there he went on to study Chinese medicine, massage and acupressure with Dr. Pao, Sun-Lung of Hong Kong and Tibetan yoga and meditation with Lama Trangu Rinpoche. He attended Texas Tech University majoring in psychology and theater arts. Dr. Painter holds a Ph.D. in Naturopathic medicine is listed in Who's Who in the Chinese Martial Arts. Master, Founders and Leaders of the Chinese Martial Arts and was elected to the Texas Martial Arts Hall of Fame and was twice elected to the Inside Kung Fu Magazine Hall of Fame.</p> <p>Dr. Painter has appeared in feature films and on many martial arts magazine covers. He is the author of hundreds of articles on Chinese medicine, healing principles and the internal martial arts.</p> <p>Dr. Painter has also been heavily involved in medical and scientific research involving the study of Qi, (Chi) life force energy, through work with the Life Sciences Qi Research Institute. He has received awards from NASA and other science organizations for his work.</p> <p>John Painter's website is <a href="https://www.thegompa.com/">https://www.thegompa.com/</a></p>
	Li Taijiquan Long Form		<p>This video lesson contains two programs. The first is an explanation by Dr. Painter of Taijiquan principles and warm up exercises plus the Li family short form the Five Treasures Grand Ultimate Fist (Wu-bao Taijiquan 五寶太極拳). The second section presents a longer form containing the original Li family principles along with elements of traditional Yang and Chen styles. This hybrid form created by Dr. Painter and Andrew Garza in 1990 was called Willow Taijiquan (Liu Taijiquan 柳太極拳). Dr. Painter demonstrates the three part set with a voiceover of the Taijiquan classics being read to illustrate the moves. Master, Jou Tsung Hwa on seeing this form said, "John, Yes, all parts move, all parts stop, whole body move together very good!" We hope you enjoy this slice of Li family internal arts history.</p>		
Stephen Hwa	Achieving Health and Well-Being Through Classical Tai-Chi Training		<p>Contents: 1. Addressing the venerability of the body.  2. Health benefits from developing internal power.</p>	<a href="https://www.youtube.com/watch?v=desktop&amp;v=7IXAN0t3pXE">https://www.youtube.com/watch?v=desktop&amp;v=7IXAN0t3pXE</a>	<p>Stephen Hwa was born in Jiangsu, China in 1933 and emigrated to the U.S. in 1957 for graduate study. After receiving a doctorate degree in engineering, he worked for several companies, including Xerox in Rochester, NY.</p> <p>In 1974, Hwa took his first Tai Chi class with Grand Master Young Wabu, a student of legendary master Wu Chien Chuan. Impressed by Young's teaching and what Tai Chi could offer, Hwa made Tai Chi a part of his life and began his avid study of the discipline. In addition to learning from Young Wabu, he also participated in classes taught by Young's daughter, Master Sonia Young.</p> <p>Hwa became fascinated with the underlying principles that unified Tai Chi's seemingly complex movements. He has distilled the knowledge he gained into the fundamental principles of classical Tai Chi with its unifying principle of Internal Discipline.</p>