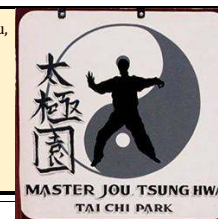


Each summer since 2001 on the weekend closest to his birthday (July 13th) the colleagues, friends, and students of the late world-renowned author and Tai Chi Grandmaster Jou, Tsung Hwa (1917-1998) gather to honor his teachings at The Master Jou, Tsung Hwa Memorial Tai Chi Park in scenic Wantage Township, NJ.

Because of the COVID-19 pandemic, this year's **Annual Master Jou, Tsung Hwa Birthday Celebration & Tai Chi Festival** had to be postponed until the weekend of **July 9-11, 2021**.

To celebrate and honor Master Jou's life and teachings, we cordially invite you to attend an 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 online Festival will take place on Saturday, July 11 from 9 AM to 6 PM, and Sunday, July 12, from 9 AM to 6 PM.



Saturday, July 11, 2020

Presenter Name	Workshop Title	Time Slot	Side Note for this Workshop: (seated-need a chair, need to lie down, brief description, etc)	Website & Online Store
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.	https://taichipark-masterjoutsunghwa.org/
David Ritchie	Chi Kung	10:00 - 10:45	These are 12 standing exercises originally called the 12 Pearls of Chi Kung. It is a nice routine that I have practice for over 30 years and practice in all of my classes before teaching the Tai Chi Form. I like this routine because it offers a wide range of movement is simple to learn and good for relaxation & chi flow.	https://www.centralconnecticuttaichi.com/
John Loupos M.S., H.S.E.	Somatics Movements for Fingers, Hands, Arms & Shoulders	11:00 - 11:45	The Somatics movements taught in this presentation will help you to achieve the fabled Tai Chi hand softness and sensitivity that you may only have read about. Along with this newfound sensitivity you'll come away from this class with a better understanding of how your fingers, hands, arms and shoulders all interrelate with your more central aspects. This will be a lying down practice, so be sure to plan ahead with ample floor space and a comfortable yoga-type mat.	http://www.jfkungfu.com/
CJ Rhoads	Pain Freeing Qigong	12:00 - 12:45	Dr. CJ Rhoads will teach the second half of her pain freeing qigong form. Dr. Rhoads developed the form to serve both as an exercises that helps her reduce her chronic pain, and as a mnemonic to remember all the steps in becoming pain free. Dr. Rhoads was hurt in a devastating automobile accident in 2002 that caused her to completely change her life and pursue a remedy to the chronic pain that she suffered as a result of her injuries. (Originally scheduled for Sunday at 2:00)	https://svihtq.org/
John Loupos M.S., H.S.E.	Tai Chi Movements for Opening Your Spine	1:00 - 1:45	Your spine moves according to three planes; sagittal, lateral, and axial. This standing, but mostly stationary practice, will help you to improve your range motion along each of these planes, strengthen and tone the muscles associated with your spine, and enhance your bodily sensitivity and control... all of which will equip you with the tools and resources to advance your Tai Chi to a higher level.	http://www.jfkungfu.com/
Mei Jin Lu	Cultivate your Root Qi (Neigong)	2:00 - 2:45	Deep guided internal Qi work to cultivate the essence of your vital Qi energy. Besides the powerful initiating of Qi's cosmic orbit path, this Neigong session also concentrates on balancing and interacting with the internal organs to promote your body's optimum health and immune system. It is achieved by optimizing the Qi flow of the meridians of your five major organs. They are liver, heart, spleen, lung, and the kidney.	https://www.meijinlu.com/about
Dr. Jay Dunbar	Secrets of the Taiji Diagram - Eight Energies	3:00 - 3:45	To truly embody the philosophy of Taijiquan we must understand and practice the dynamics hidden within the Taiji diagram: its circumference (eight energies) and its S-curved diameter (five phases of change). Together, these are what Master Jou called the "master key" to Taijiquan. This workshop focuses on his signature "chansijin" (silk reeling) exercise, a practice of the eight energies represented by the eight trigrams of the Yi Jing.	http://www.magictortoise.com/
Kathleen Cusick	Five Animals Qigong	4:00 - 4:45	Five Animal Play (Wuqinxi) mimics the movements of the crane, bear, monkey, deer and tiger to strengthen the internal organs and 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: 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.	http://www.magictortoise.com/
Dr. Jay Dunbar	Secrets of the Taiji Diagram - Five Phases of Change	5:00 - 5:45	Master Jou created his unique "five elements fa jin exercise" to develop his ability to issue power from the dantian. This simple, repetitive practice is the complement of his signature "chansijin" (silk reeling)—they are the two halves of the "master key to Taijiquan." We will explore various approaches to dantian development and learn the solo form of this exercise.	http://www.magictortoise.com/

Sunday, July 12, 2020

Presenter Name	Workshop Title	Time Slot	Side Note for this Workshop: (seated-need a chair, need to lie down, brief description, etc)	Website & Online Store
Jonathan B. Walker, PhD	Silk Reeling Taiji Quan	9:00 - 9:45	This workshop will demonstrate how the Chan Si Jing is used in a Taiji choreography. Learn how Silk Reeling engages the Five (5) gates to create energy and power yet establish ebb and flow in movement. "YOU WILL NEVER BE THE SAME AFTER THIS WORKSHOP!"	http://www.qissagebodysystems.org/
Bob & Jean Klein	Internal mechanics of William Chen's Yang style form.	10:00 - 10:45	What goes on inside the body during any Tai-chi form? We will learn to create a "dance of internal energy" which then creates the body's movements and to move the center of consciousness from just the head to the whole body. You will learn to free every joint and dissolve blockages to the flow of energy. We will also learn breathing dynamics so the form is generated by the breath. These principles can be applied to any Tai-chi form.	www.movementsofmagic.com
George Hoffman	Taoist Healing Sound Qigong	11:00 - 11:45	We'll use simple stance, movement, breathing, toning and focused intention techniques to cleanse and detoxify the organs to improve longterm health and wellbeing. Workshop will include the active healing sounds of the Mount Hwa set, the Six Qi Meditation's seated healing sounds and a method to expel toxins from the entire body.	https://silverdragontaichi.com/
Rich Marantz	Process of Movement through Tai Chi Chuan	12:00 - 12:45	Participants will explore various process of movement in Tai chi chuan such as: Open Close Gather Release; From the ground through the body out through the hands; From the torso out through the extremities; Dantian as whole body	https://greenmountaintaichi.com/
Jennifer Steffener	Dao Yin - A Powerful Self-Care Tool	1:00 - 1:45	Wake up your health and vitality with Dao Yin. Discover and explore simple and easy-to-learn massage techniques and acupressure points that will bring you comfort, improve your health, and enhance your quality of life. This experiential workshop will include practices to relieve the effects of stress and share methods to reduce aches and pains, promote better sleep, improve digestion, relieve sinus congestion and headaches, increase flexibility and energy, and more.	https://www.jennifersteffener.com/
Stephen Watson	Patting, Tapping & Self Massage for Pressure Points	2:00 - 2:45	Exercises for warm-ups, for healing maladies, for developing our listening skills, for shifting our focus to the internals, and for guiding qi for energetic development (originally scheduled for Saturday at 12:00)	
David Chandler	Torso Method Integration Qigong	3:00 - 3:45	In celebration of our wonderful teacher Master Jou, this workshop on Torso Method Integration Qigong is a set of exercises that activate the torso and increase power, while allowing the lungs to more fully open. Other mechanisms of cultivation of chi through the isolation of quadrants of power as well as the integration of the once isolated areas of the torso will awaken dynamic energy in every form. When these principles are applied and exercises accomplished the ability to use scapula power, ribcage power, spine power coupled with "Whole Body action" will elevate the player to another layer of awareness as well as skill.	http://www.eaglesquesttaichi.com/
Bob & Jean Klein	Zookinesis: Animal Exercise Chi-gung	4:00 - 4:45	This chi-gung (qigong) system is based on animal movements. It gives you access to every joint and muscle of the body, teaches fine motor coordination, brings elasticity to the connective tissues, improves breathing and mental concentration, develops your "root" and strengthens your immune system. They are called "Age reversal exercises". Zookinesis is an enjoyable way to bring your body to an athletic condition no matter what condition you start with.	www.movementsofmagic.com
Bruce La Carrubba	Chan Ssu Chin Workshop	5:00 - 5:45	This version of Chan Ssu Chin, also known as Reeling Silk, was created by David Chandler as a total body awareness, energy exercise system, that includes full range of motion and functions as a moving meditation. Inspired by the teachings of Master Jou, Tsung Hwa, this version of Chan Ssu Chin offers numerous health benefits, including and not limited to improved lymphatic function, joint mobility, flexibility, balance and focus. A step-by-step instructional video is available for home practice for all level players.	http://www.eaglesquesttaichi.com/

Videos			
(Video links graciously provided by Presenters that are unavailable to attend the live broadcasting. These may be viewed at your leisure)			
Presenter Name	Workshop Title	Video Link / URL & Description	Website & Online Store
Dr. John Painter	Gift To Master Jou -- Li Family Willow Style Taijiquan Course	https://www.youtube.com/watch?v=MWRVuki1Oy0 Master Jou, Tsung-Hwa and Dr. Painter were good friends for many years. Master Jou provided his original Tai Chi Farm for Dr. Painter to teach his BaguaZhang following the Zhang San Feng Festivals. What is not widely know is that during the 1990's Dr. Painter created a long form based on Li family of Sichuan province internal principles, along with elements of traditional Yang and Chen styles. This hybrid form was called Liu 柳太極拳 or willow form. Shifu Painter taught this for some years but later returned to the simple short form of his Shifu Li, Long-dao the Five Treasures Grand Ultimate Fist / Wu-bao Taijiquan 五寶太極拳. This video shows the longer set from 1990 and is offered here as a homage to Master Jou and to the now extinct long form. Presented here in this video for historical information on the evolution of Taijiquan in the Li family arts as taught by John P. Painter, Shifu Daoqiquan.	https://thegompa.com/shop/
Stephen Hwa	The Importance of Martial Art Intent in Tai Chi Form Practice	https://youtu.be/mZSbG5jkn6w In this video Stephen Hwa, in his clear & concise teaching style explains how movement with martial intent is used to develop internal energy and whole body connection. This information will deepen your understanding and application in your form practice once you learn how to make these vital connections.	https://www.classicaltaichi.com/
Master Jou, Tsung-Hwa	Zhang San Feng Festival, Tai Chi Farm (1996): Master Jou's Morning Warmup	https://youtu.be/nQFaqgTJT4 You will enjoy this classic footage recently digitized of Master Jou Tsung-Hwa teaching his morning warmup workshop at the Zhang San Feng Festival in 1996 at the Tai Chi Farm. Master Jou emphasizes the concept of "whole body" movement. This got your Qi going in the morning.	
Master Jou, Tsung-Hwa	Zhang San Feng Festival, Tai Chi Farm (1996): Closing Ceremonies	https://youtu.be/xeZfkRaN8tg This video captured part of the closing ceremony presentation at the annual Zhang San Feng Festival in 1996. Master Jou Tsung-Hwa once again discusses the importance of using the "whole body". "The baseball pitcher that uses only his arm makes no money", he explains. Master Jou then presents some postures in form. Grandmaster TT Liang is introduced as a special guest in attendance.	
Mark S. Gallagher	BaguaZhang demo	https://www.youtube.com/watch?v=gNTB0BB-Rfc Mark Gallagher's BaguaZhang demo. Enjoy the circular motions, as he works his way through 21 palm change movements (mostly from Cheng style). Performed slow & easy for your entertainment viewing.	