

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

Mt. Lake Park

Jul 14-16, 2023

in Warwick, NY

<https://taichipark-masterjoutsunghwa.org/annual-tai-chi-festival/>

## Workshop Leaders with Long Bios and Workshop Descriptions

### Laoshi Lucy Bartimole

Lucy Bartimole is the developer of Taiji For Balance and owner of Shift with Lucy, an online community of people who practice mindful movement to maintain balance in their lives. She holds a lifetime certification for Guang Ping Yang Taijiquan, is a Licensed Meridian Massage Practitioner, Qigong Laoshur, and continual student.

She began studying martial arts in 1984 with Sensei Howard Beebe at Ohio University and began her practice of Guang Ping Yang Taiji in 1998 with Laoshurs Pakinee Sukwatanna and Jeff Burton. Lucy has studied several styles of qigong including Marriage of Heaven And Earth, Baduanjin, Shiba Luohan Gong, and Dayan Qigong with teachers Nina Sugawara Deerfield, Ralph Dehner, Sifu Larry Riddle, Dr. Jay Dunbar, Master Shi Zheng Zhong, Grandmaster Huang Chien-Liang, and Cindy Black. She has also learned greatly from experiences with Master Y. C. Chiang, Grandmaster Henry Look, Master Shi Zheng Zhong, Grandmaster Huang, Chien-Liang, Paul Taylor, Ghislain De Taillandier, Master Randy Elia, Dr. Jay Dunbar and countless others - but especially her brave and patient students.

Lucy was a board member of the Guang Ping Yang Taijiquan Association from 2004-2015, serving on several committees as well as Board Vice President from 2011-2013 and Board President from 2013-2015.



#### Day and Time

#### Room

#### Track

#### Act-Slot ID

### Fascia, Qi, and Taiji

Sunday from 11:30-12:30 PM

Lodge Lounge

Academic or Other

2371 - 417

Learn the latest research about the most pervasive connective tissue in the body, how it connects to qi, and our longevity. There are several types of fascia (connective tissue), and you'll learn how and why they are important to keep strong and supple. Participants will explore how tai chi and qigong help maintain this tissue and learn supplemental movements and techniques to keep this tissue youthful as we age.

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### Jill L. Basso

Sifu Jill L. Basso, MA, LMT has been a Tai Chi Instructor since 1995. She has studied primarily in NY with Master William C. Phillips and Patience Tai Chi and is a senior student of Master Phillips. Jill L. Basso founded Hudson Valley Tai Chi in 1997 in upstate NY. She currently lives and teaches in Santa Fe, New Mexico. She is a 3-time gold medalist in push hands and the Yang Short Form. She has a love for teaching and blends her specialties as a Master Level Educator and Massage Therapist to her students. Jill teaches classes in Cheng Man Ching short form, push hands, sword form, leads local workshops, teaches children 5 and up and organizes the World Tai Chi Day events in Santa Fe.

Jill's school in Santa Fe, NM is Desert Sage Tai Chi and feel free to visit her website @ [www.desertsagetaichi.com](http://www.desertsagetaichi.com). (<http://www.desertsagetaichi.com>)



#### Day and Time

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### Push Hands Gathering

Friday from 8:00-10:00 PM

Office 1

Push Hands

2363 - 409

Push hands (also known as Sensing Hands) is a two-person cooperative activity where people test their own ability to stick, adhere and follow, while staying balanced. People can agree to do push hands drills using a set form such as CMC fixed exercise (Peng, Lu, Ji, An), Da Lu, Four Corners, or they can practice free-style push hands without any specific form. Experienced partners are asked to work with inexperienced partners on their level, with a light sticking touch, share ideas, and work cooperatively. The designated leaders will be available to give individualized guidance and direction to anyone who requests to learn push hands principles, drills, exercises, etc. Generally, tournament rules are to be followed (no touching the face or head or below the belt, no muscle force, etc.) "Beginners Mind" and "Invest in Loss" will be the over-riding theme to encourage cooperation without competition.

### Professor CMC Tai Chi Sword

Sunday from 9:00-10:00 AM

Lodge Lounge

Forms

2391 - 437

Learn postures, internal movement, and the power of the Cheng Man Ch'ing sword form. This lineage has been passed down through the generations of CMC in the United States since the early 70's. The sword "speaks" through listening, momentum and energy. Learn the basics of the sword form, including preliminary exercises to practice the arc, movement and flow. Women in particular, find it empowering to use a sword for their mind, body and spirit. Please bring either a wooden tai chi sword, collapsible travel sword, or short broom handle (as they used to do at the farm!) We will improvise as needed!

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### David Chandler

In addition to being a Master Teacher of Tai Chi Chuan, David Chandler is a Certified Hypnotist, Hypnosis Instructor, Professional Actor, Stage Fight Choreographer and NADA Certified Acudetox Specialist. He teaches Tai Chi Chuan, Qigong, and Hypnosis Certification Training in the community and welcomes students of all ages and levels of ability. David uses his deep understanding of Tai Chi principles, combined with his skills in hypnosis and other complementary healing modalities learned while getting his Master of Arts Degree in Integrative Health and Healing, to help facilitate healing for people who are living with physical and emotional limitations, including those resulting from addiction, physical and emotional issues/trauma and even neurological impairment caused by stroke, Parkinson's and other circumstances.

2009: poster presenter International Tai Chi

Symposium, Vanderbilt University, Nashville, TN

•2008: formally inducted into the Sun Style by Grandmaster Sun Yongtian in Beijing

• Wushu Federation Symposium in Beijing, First Place winner

•2007: SURDNA grant recipient: private study with Grandmaster Sun Yongtian and Beijing Opera

•2005-present:workshop presenter, Master Jou Memorial Celebration Tai Chi Park Sussex, NJ

Publications:

Author: Overcoming Clumsiness (A Guide for Reclaiming Physical Dexterity) Sterling Publisher

Author, Editor and Artist: Wings (quarterly Tai Chi newsletter, self published)

DVD: Sun 10 Form, 4 Directions Tai Chi Qigong, Tai Chi Warm-ups, Chan Ssu Chin , Eagle's Quest Long Form



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

### Sun Style 10 Short Form Part 1

Saturday from 10:15-11:15 AM Office 1

Forms

2374 - 420

Enjoy this mini-intensive dual workshop! 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. 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 [www.eaglesquesttaichi.com](http://www.eaglesquesttaichi.com)

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### Workshop Leaders with Long Bios and Workshop Descriptions

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#### **Sun Style 10 Short Form Part 2**

Saturday from 11:30-12:30 PM Office 1

Forms

2375 - 421

Enjoy this mini-intensive dual workshop! 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. 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 [www.eaglesquesttaichi.com](http://www.eaglesquesttaichi.com)

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#### Susanna T. DeRosa

Susanna began training with Master Jou in 1973 and studied with him until his passing in 1998. He encouraged her to teach early on and she's been doing so ever since, mainly in Princeton and the Lambertville/Stockton NJ area. Susanna was Master Jou's performance partner for San Shou throughout the 70's, 80's and 90's, including during a China tour with 40 Taiji enthusiasts in 1984.



**Day and Time**

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#### **Casting, Reeling, Moving: Subtle Body**

Sunday from 11:30-12:30 pm

Lodge Dining Hall

Taiji for Self Defense or Competit

2393 - 439

“These are my principles. If you don't like them I have others.” Groucho Marx

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Mark Gallagher

Mark S. Gallagher has studied Chinese Internal Health practices for over 25 yrs., and recently became a Doctor of Medical Qigong (DMQ). He is a member of the National Qigong Assoc. (NQA), and a Trustee at the Institute for Spiritual Development (Sparta, NJ).

His Master Teachers have Included: Dr. Christopher Viggiano, Dr. Ted Cibik, Jianye Jiang, and Yuzhi Lu.

Currently Studies - Bagua Qigong Sets, Animal Frolics Qigong, Bagua Swimming Dragon Long Forms & Short Palm sets of Cheng & Jiang styles

Previous Knowledge: Yang Long Form, Yang 24, Sun 42

Competition set, Wild Goose Qigong & much more lost in the rivers of time



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

### Qigong for Back Pain

Sunday from 9:00-10:00 AM

Office 2 & Zoom

Taiji or Qigong for Health

2369 - 415

Our back is the important energy highway in the human body. Qigong is a self-healing practice to improve the flow of vital energy (Qi), work out blockages and calm both body & mind. Qigong may help you relieve pain and improve energy flow through: the spine, muscles, nerves, organs and emotions associated with back pain. Today's Workshop will feature a 'select few' fundamental stretches and standing postures designed to align spinal energy and gently release tension points and pain triggers. Join Mark S. Gallagher (Doctor of Medical Qigong) as we explore the Yin and Yang of energy flow along the back.



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#### Ron Gee

Visual artist Ron Gee studied meditation, qigong and Taijiquan at the Tai Chi Farm with Master Jou and B.P. Chan, who said "I am showing you for you to help others." Ron has given presentations and workshops on taijiquan, qigong, Chinese philosophy and art in numerous venues - including schools, colleges, libraries, festivals and other public events. (Contact: [rongeart@gmail.com](mailto:rongeart@gmail.com))



Day and Time

Room

Track

Act-Slot ID

#### **Standing Meditation Postures of BP Chan**

Saturday from 9:00-10:00 AM    Lodge Dining Hall    Meditative/Spiritual Development    2383 - 429

The fundamentals of standing meditation, following the principles of B.P. Chan, will be reviewed in this workshop. Guided practice will include basic healing postures as well as the more advanced tiger/dragon postures.

#### **Introduction to Chen Circles and Spirals**

Saturday from 2:45-3:45 PM    Office 2 & Zoom    Forms    2384 - 430

This workshop explores the connection between preparatory spiraling energy (chansijing) exercise movements and various postures of the Chen first routine, including discussion of the health benefits and rejuvenating properties of this form.

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Stephen Higgins

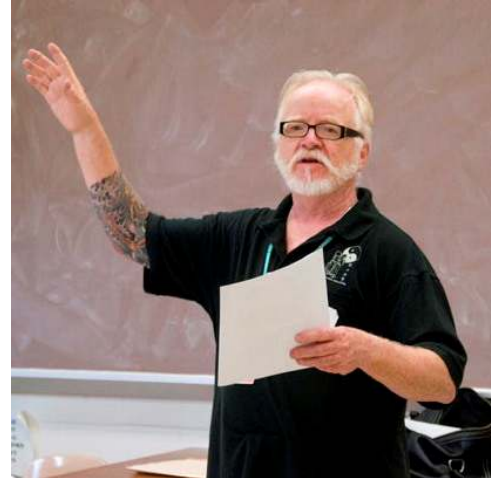
Steve Higgins has been a student of the martial arts for over 30 years, and a student of Taiji and Qigong for since 1986 . He is the Chief Instructor at Cold Mountain Internal Arts, Kitchener, Canada. He is one of the founding members of the Taijiquan Enthusiasts Organization.

Cold Mountain Internal Arts was established in 1990 in Kitchener-Waterloo, Ontario. They offer daytime and evening classes in both Kitchener and Waterloo.

Members include beginners and expert practitioners. Instructors encourage mixed group levels, not only with focused attention to those new to the arts, but also for those wishing to advance in their study and proficiency.

They practice different styles of Tai Chi and Qigong exercises. These are traditionally referred to as "internal arts" because they work with the deep structures of the body, and with its subtle energies. Postures and moves are practiced with a soft quality, slowly, and cultivating relaxation of muscles (as opposed to external martial arts that are fast and use external strikes, cultivating muscle power).

All internal arts share common principles of efficiency through relaxation, and particularity is in the diversity of styles we teach and practice. The teaching style combines theory and practice. All instruction is devoted to learning and practicing various Tai Chi and Qi Gong forms. Our club also has an academic component. Students are encouraged to read classic and modern references of internal arts and philosophies from Eastern as well as Western traditions. Groups gather regularly to study textbooks or articles and understand how to incorporate their teachings into one's own practice.



Day and Time	Room	Track	Act-Slot ID
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### Old Yang Qigong

Sunday from 11:30-12:30 pm

Office 2 & Zoom

Meditative/Spiritual Development

2392 - 438

Enjoy this special ZOOM workshop direct from Canada! The Ba Chang Gong, or 'Eight Long Skills', is a Qigong system consisting of eight sets of exercises. Some of these are internal and some are external. The entire system, when completed, is intended to lead one to a state of spiritual enlightenment. The 'Meditation for the Joints' is the introductory set of loosening exercises which prepares one to tread this path. It is also a foundation for studies in the internal martial arts.



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### George Hoffman

George Hoffman, Director of Silver Dragon Tai Chi & Qi gong, LLC, has 22 years of teaching experience and 30 years of study and practice in the Chinese arts of Tai Chi and Qigong. He has successfully developed and continues to deliver classes in both arts for a number of organizations including municipal recreation departments, community centers, and local health-focused healing centers.



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

### Coiling Silk

Saturday from 9:00-10:00 AM      Office 2 & Zoom      Taiji or Qigong for Health      2376 - 422

In coiling silk, various parts of the body turn slowly on a stable axis, like the unwinding of a silk cocoon. These exercises gently open and close the joints, improve posture and breathing, and develop resilience and supple strength, stimulating life force (qi) to flow without obstruction. This is an excellent practice for personal well-being and a great complement to Yoga, Tai Chi, and other movement practices. This workshop includes: • History and benefits of Coiling Silk practice. • Details of proper posture and body alignment to enhance the body's coiling movements. • Detailed teaching of a number of the 20 movement Coiling Silk set with handout. • Tips for building and maintaining your Qigong practice.

### Eight Pieces of Brocade

Saturday from 1:30-2:30 PM      Office 2 & Zoom      Taiji or Qigong for Health      2377 - 423

These eight exercises are an elegant, graceful, and essential method to improve our flexibility, health, and Qi Cultivation. Although first described in an eighth-century Taoist text they are generally attributed to a twelfth-century Chinese general named, Marshal Yeuh Fei. These gentle stretching exercises help lengthen the muscles and tendons and stimulate the meridians and internal organs. This is an excellent set to begin any qigong or tai chi workout. This workshop includes: • Discussion of the history and origins of this wonderful qigong. • Detailed instruction and practice of the set using instructor led teaching and practice. • Handout with instructions, movements, ranges of motion and pictures of each of the Eight Brocade Qigong exercises. • Discussion and time for questions and feedback.

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### Siobhan Hutchinson

Siobhan Hutchinson, created Next Step Strategies to educate and encourage individuals to discover their body's natural healing ability. Clients report experiencing increased range of motion, balance, relaxation, reduced stress, and an overall sense of well-being. Along with holding a Master's Degree in Holistic Health, Siobhan is an accredited T'ai Chi Chih®, Seijaku, Guigen Qigong, Reiki Master/Teacher, Medicinal Aromatherapist, and Certified Clinical Eden Energy Medicine Practitioner. The United Fellowship of Martial Artists awarded her Holistic Healing Artist & Qigong Master. Co-Anchor of the WTCQD Online Summit. She has studied in China and continues her studies with a variety of holistic practitioners. Her passion is stress relief and walking in serenity. Next Step Strategies: A Holistic Approach to Health and Vitality.

Locations:

Central NJ, Bucks County, PA & Skype sessions

Requested speaker at: Caregiver and Cancer Coalitions, Adult Protection Symposiums, Hospitals, Wellness Centers, & University classes & programs.



#### Day and Time

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### Friday Demos

Friday from 7:30-8:00 PM

Office 2 & Zoom

All or Admin

2401 - 449

Demonstrations from Experienced Tai Chi Practitioners. Friday will be focused on Neutralizing, Push hands and Forms.

### How to activate Qi jing ba mai

Saturday from 9:00-10:00 AM

Lodge Lounge

Taiji or Qigong for Health

2385 - 431

Lost your le vive en rose? Find your Joy, your Zest, your Passion. Regularly activating an energy system called by many names (the Eight Extraordinary Vessels, Strange Flows, and Qi jing ba mai) can help foster inner peace and joy. They are mysterious and not always accessible directly, but they can be stimulated. Chinese texts dating back 4500 years ago refer to them and some believe that these circuits formed prior to the Meridians. They may be thought of as a "distributor" as they distribute energy from the Kidney energy system to where it is needed. In addition, they help to take any excess energy away from the Meridians to other areas. As regulators, they manage blood and Qi (also known as Chi or Ki, an intrinsic energy that animates all life forms) in the Meridians.

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### Workshop Leaders with Long Bios and Workshop Descriptions

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#### **Saturday Demos**

Saturday from 7:00-9:00 PM

Office 2 & Zoom

All or Admin

2402 - 450

Demonstrations by Experienced Practitioners. Saturday will focus on Weapons and Forms.

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#### **How to Strengthen Meridians**

Sunday from 10:15-11:15 AM

Lodge Lounge

Taiji or Qigong for Health

2386 - 432

Do you have gusto for your day? Or, need a jump start? Kick start your day with a quick-easy sequence that will not only wake you up, get that Chi revved up, but will have you feeling magnificent. We will not only work on the meridians, but other interconnected energy systems. It's fun and effective. Bring your hairbrush, comb, and a metal spoon! This is for all skill levels.

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### Laoshi Luke Jih

Dr. Chang-shin Jih, ("Luke") is an assistant professor, specializes in the academic fields of "Rituals of Body, Mind & Healing in the World Religions," and "Inter-Cultural Approach of Philosophy of Religion." His book, "The Tao of Jesus – An Experiment of Inter-Traditional Dialogue," is an attempt to bridge the teachings of Taoism and Christianity. The monastic training of Taoist & Buddhist have granted him an advantage in delving deeply into the philosophy & mystic experiences of these two traditions. He also has more several decades of experience in teaching Tai-Qi-Quan, Qi-Gong, Hatha Yoga, Feng-Shui, and Vipassana Meditation.

In 2015 Dr. Jih took over as managing director of the Taijiquan Enthusiasts Organization. He donates much of his time and lots of enthusiasm to putting on events for that organization. He is also one of the first members of the steering committee for the Symposium event.



#### Day and Time

#### Room

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#### Act-Slot ID

### Global Crises and Engaged Taoism

Saturday from 2:45-3:45 PM

Lodge Lounge

Academic or Other

2381 - 427

In the recent years, the Earthlings have faced the challenges of unpresidential calamities. The issues of global warming, Pandemic, doomsday of nuclear warfare, shortage of fuel/food, exploitation of privileged social/ethnic/religious group from their powerless counter-partners, are no longer the issues of specific country or region. They are the issues of global community. In this workshop, we are first going to diagnose those issues, and then try to let the mental and psychological roots of them unconcealed. Inspired by the book of "Tao-Te-Ching chapter 25, hope, some insightful and workable solutions to global crises can be hatched out through the collective endeavors.

### Three-Tiers

Saturday from 4:00-5:00 PM

Lodge Lounge

Academic or Other

2382 - 428

Is "Three-Tiers" of the Commanding System, "from Mind to Chi, then Chi to Physical movement" Sufficient? Or, needed to be Refined? The classic Tai Chi principles emphasize on "Use the mind and not strength, "and "Wherever the mind goes chi will travel.

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### Dr. Mei Jin Lu

Mei Jin Lu, PhD, is a Taoist philosophy teacher and a 25th generation descendant of ancient prestigious Quan Zhen Tao Lineage. She lectures on various disciplines of Eastern healing movements (Tai Chi, Qigong) and philosophy worldwide. She is the President of US Health QiGong Association and US Taoist Association, Rules and Regulation Committee of the International Qigong/Tai Chi Federation, and owner of “Qi” Wellness Center in NJ. She is a past executive director of the I-Ching Society in Beijing, the founder of the School of Eastern Philosophy in the US. She is also the author of the Wisdom of Tao Oracle cards, Volumes I and II (US Games Systems, Inc.).



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

### **Taoist Deep NeiGong Practice Part 1**

Saturday from 10:15-11:15 AM Lodge Lounge

Meditative/Spiritual Development

2389 - 435

Join us for Part 1 of a transformative two-hour Nei gong workshop where we learn the fundamental Taoist Nei gong practices of Microcosmic Small Orbit Meditation and Standing Qigong. Suitable for all levels, this intensive session also includes Ba Duan Jin and Heaven Earth Men qigong as the opening warm-up exercises.

Microcosmic Small Orbit Meditation is an essential Nei gong that harmonizes your Qi flow. By circulating Qi along the Ren Mai/Du Mai meridians and opening the energy channels, it enhances vitality, immune function, mental clarity, physical healing, and emotional stability. This practice nourishes organs, strengthens the Dantian, and promotes holistic well-being.

Standing Qigong is a simple yet powerful Nei gong practice that cultivates your subtle Qi movement and energy expansion through standing postures and a clear mind. By adopting a relaxed and grounded stance, you facilitate the flow of vital force through your body's meridian system. Experience tension release, stress reduction, improved posture alignment, and a deep mind-body connection.

The workshop begins with an informative mini lecture, offering step-by-step instructions, followed by a dedicated hour of continuous practice with short breaks for integration. Throughout the workshop, we emphasize breath work, proper form and mental awareness, allowing you to have a profound personal experience.

To prepare, we recommend bringing plenty of water and wearing comfortable clothes and shoes. Ensure a good night's sleep and a light dinner the evening before for a carefree and joyful mindset.

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### Workshop Leaders with Long Bios and Workshop Descriptions

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#### **Taoist Deep NeiGong Practice Part 2**

Saturday from 11:30-12:30 PM

Lodge Lounge

Meditative/Spiritual Development

2390 - 436

Join us for Part 2 of a transformative two-hour Nei gong workshop where we learn the fundamental Taoist Nei gong practices of Microcosmic Small Orbit Meditation and Standing Qigong. Suitable for all levels, this intensive session also includes Ba Duan Jin and Heaven Earth Men qigong as the opening warm-up exercises.

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### Bob and Jean Klein

Bob Klein studied Tai-chi-Chuan with Grandmaster William C. C. Chen in the 1960's and 1970's. He was a zoologist, working with hundreds of species of animals and considers them to also be his teachers. Mr. Klein is the author of the books, "Movements of Magic - the Spirit of Tai-chi-Chuan", "Movements of Power - Ancient Secrets of Unleashing Instinctual Vitality", and "Heal Yourself and the World with Tai Chi". He has produced over 70 instructional videos on Tai Chi and related subjects. Bob is a co-host of the three-times monthly International Tai Chi Teachers Discussion Group online. He was an original teacher at Master Jou, Tsung Hwa's Tai Chi Farm in Warwick, N. Y.

Jean Klein studied Tai Chi with Bob Klein and Grandmaster William C. C. Chen since the 1980's. She was a physical therapist assistant and is a Tai Chi teacher and Pilates teacher and teaches on several instructional videos.



#### Day and Time

#### Room

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#### Act-Slot ID

### Internal movement principles in Tai Chi

Saturday from 11:30-12:30 PM    Office 2 & Zoom    Forms    2361 - 403

We will explore the movements of our joints and muscles in forms and chi-gung, and how they create fluid movement. This internal approach also allows you to feel within the body, detecting any energy blockages and gives you the tools to dissolve them. It helps to connect mind and body.

### The role of momentum in Tai Chi forms

Saturday from 2:45-3:45 PM    Lodge Dining Hall    Forms    2362 - 408

The art of generating and yielding to momentum allows all the muscles of the body to stretch and then relax with each movement and helps to dissolve tension. When you connect attention to momentum and then release the momentum, this teaches you the dynamics of "Yin attention", which, in modern times, we have lost. This teaching trains your attention to become whole again.

### Doing your own form: martial mechanics

Sunday from 10:15-11:15 AM    Lodge Dining Hall    Taiji for Self Defense or Competit    2364 - 410

Tai-chi-Chuan is a martial art. Chi-gung and forms are the beginning exercises of that martial art. In modern times, much of the martial spirit of these exercises has been lost. How can we restore the vitality and energy of chi-gung and forms so they can restore our health and athleticism? You can use this training in whatever forms and chi-gung you may do.

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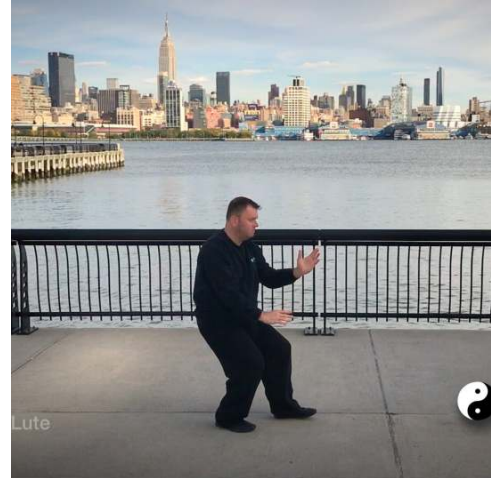
## Workshop Leaders with Long Bios and Workshop Descriptions

### Harry Legg

There's a good chance you have heard Harry as the signature voice of the NBC Sports Radio Network during its seven-year run on over 400 stations across America. Harry is also heard on Radio & TV stations around the world. He is the owner of New Jersey Tai Chi and teaches Clear Tai Chi Chuan and Qigong at his Verona, NJ studio, as well as at corporate wellness events and public workshops. Harry has received his instructor certifications in Tai Chi Chuan, Qigong, Self Defense and advanced Fa Kung Healing from Master Richard Clear. Harry is a Senior Instructor and the NJ / NYC Regional Organizer for Clear Tai Chi.

Harry also holds a black belt ranking in the Body Mind Studios system of 8 Martial Arts.

In addition, Harry's Awards include two silver medals at the World Fighting Martial Arts Federation's 2015 US Open Martial Arts Championship for Push Hands (moving & stationary) and 1st Place in the 2018 KToC Nationals Tournament for Tai Chi Form.



#### Day and Time

#### Room

#### Track

#### Act-Slot ID

### Clear Internal Push Hands Method

Sunday from 9:00-10:00 AM

Office 1

Push Hands

2370 - 416

This is an indoor method that Clear Tai Chi is making publicly available. In this hour-long exposure you will see how it speeds up your Internal Energy Development & Refinement. Learn to feel deep inside anyone, build bone density & muscle mass, develop high level peng, deep root, and more. This method leads to high level Dim Mak, Internal Tai Chi Iron Body, Superior Neutralization Skills, Quieting of The Mind, Hiding Your Intent, Feeling an Attackers Intent. The method teaches connection of the Mind, Breath, Body & Energy, Better Balance, Better Posture & Alignment, Build a true understanding of the 3 Powers of Heaven, Earth, and Man, Bone Marrow Washing, and more.

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

Mt. Lake Park

Jul 14-16, 2023

in Warwick, NY

<https://taichipark-masterjoutsunghwa.org/annual-tai-chi-festival/>

## Workshop Leaders with Long Bios and Workshop Descriptions

### Laoshi John Loupos

Sifu John Loupos has an extensive background in both external and internal Chinese martial arts. He began teaching external styles in 1968 and undertook to learn Tai Chi in 1974. His areas of specialization include Yang style Tai Chi Chuan and Liu He Ba Fa, as well as various meditation and qigong practices. John is also a Certified Hanna Somatic Educator. He has written several books on Tai Chi Ch'uan and Somatics along with other assorted learning media. John has been a popular presenter at both Tai Chi and Somatics venues and has been widely published in magazines and trade journals. His most recent book was "The Sustainable You - Somatics & the Myth of Aging.

John Loupos, M.S., C.H.S.E. has been teaching martial arts since 1968. His martial arts background includes Okinawan Karate, several styles of Chinese Kung Fu, Taijiquan, Liu He Ba Fa, Bagua, Hsing-I, qigong, and more. John also has a background in Classical homeopathy. He serves on the board of directors for the Association for Hanna Somatic Education and is the founder of Jade Forest Kung Fu/ Tai Chi in Cohasset, Ma., where he also maintains his Pain and Mobility Clinic. John has published several books on Tai Chi and assorted other learning media.



#### Day and Time

#### Room

#### Track

#### Act-Slot ID

### Somatics: Knee, Hips and Shoulders

Saturday from 10:15-11:15 AM Lodge Dining Hall Taiji or Qigong for Health 2387 - 433

Stiffness and other discomforts in the middle and lower body can often prevent Tai Chi'ers from reaching their true potential. This workshop will cover Somatics movements specifically designed to free up problem areas and quickly restore muscular control and range of motion for better Tai Chi and improved health overall. (Please bring a mat or towel to this workshop).\* John brings his Somatics table and ends up fielding more requests for individual Somatics sessions than time allows for. This year John will be available Friday, late afternoon, thru early Sun morning. Any attendees wishing to arrange for individual Somatics sessions or personal Tai Chi sessions in advance can contact John at [jadeforest@comcast.net](mailto:jadeforest@comcast.net).

### Exploring Tai Chi and Tensile Continuity

Saturday from 4:00-5:00 PM Lodge Dining Hall Forms 2388 - 434

In physics the strength, i.e. integrity, of any material, including the human body, are measured according to several factors, including; Compressive Strength, Tensile Strength, and Shear Strength. Each of these considerations has profound implications for Tai Chi practitioners regardless of style. In this seminar you will gain a better understanding of these important considerations and learn how you can use these understandings to advance your Tai Chi to a higher level.

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Richa Marantz

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 34 years. He studied with Master Jou, Tsung Hwa at the Tai Chi Farm, and trained in the arts of Tai Chi, Qigong and External Qi healing under Wudang Taoist Master Yun, Xiang Tseng. He has trained extensively in Taoist life philosophy, self-defense, and traditional healing. He teaches integrating mind, movement and breath for coping with life's physical, emotional and spiritual challenges through cultivating inner energy with meditation and healthy lifestyle strategies. As a board-certified holistic registered nurse specializing in Hospice work, Rich aspires to be a bridge between the Eastern and Western healing modalities. Currently Rich is working towards certification in clinical acupressure



#### Day and Time

#### Room

#### Track

#### Act-Slot ID

### Crossing the Great River

Saturday from 4:00-5:00 PM

Office 2 & Zoom

Meditative/Spiritual Development

2359 - 407

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.

### Tai Chi Walking

Sunday from 10:15-11:15 AM

Office 1

Meditative/Spiritual Development

2360 - 406

Tai chi Walking is a foundational exercise in the development of a Tai chi practice. In this workshop participants will be led through the principles and concepts of Tai chi in the context of Tai chi Walking. This will include, but not be limited to, body mechanics and alignment, internal intent, yin/yang, rooting and song.



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### Workshop Leaders with Long Bios and Workshop Descriptions

#### Beelee Pileggi

I studied five years with Master Jou at the Tai Chi Farm starting in 1992. In that five period I earned the nickname of "Beelee", because every time Master Jou called out my name, which is Billy, it sounded like Beelee. From that point forward everyone just started calling that, so I continue using it in his memory. It's now for over twenty years and I continue to share Master Jou's teachings at our Hidden Gardens Taiji classes in PA. Also am currently studying for 25 years with Zhang, Qing-He (aka Victor Constantino). He is a contemporary of Master Jou.



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

#### **Meditation, Awareness, and Warmups**

Saturday from 9:00-10:00 AM

Office 1

Taiji or Qigong for Health

2365 - 411

An hour of fun going thru a Master Taiji class like we did back in the nineties. We will start with a few minutes of silent Meditation and then explore ...\* A gentle soft 12 movements routine that warm up body, mind, spirit and that cultivates breathing chi.\* Master's Jou's favorite the awareness of the Taiji Diagram and it's potentials.\* 3 Burner exercise with focusing on the 3 center's.\* 12 posture Qigong using the principal sound of Heng Ha.

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Laoshi Paul Ramos

Paul Ramos has practiced Kung Fu and Holistic Health for over 40 years, including more than 30 years teaching in the Silver Spring / Takoma Park area as Director and Chief Instructor of Wu Shen Tao Health & Martial Arts. During that time, Master Ramos has trained thousands of students in the health and martial arts, including several dozen US National Champions. He is known across the US for producing high caliber students and is frequently invited to serve as a judge at tournaments held around the world.

While pursuing his passion for the internal martial arts of Tai Chi, Bagua, and Xing Yi, Paul studied extensively in Shanghai, China. Master Ramos is a 19th generation disciple of the Wu Dang Long Men (Dragon's Gate) sect, also known as the Taoist Adepts. In 2010, after years of devoted study, he was honored to become the first American recognized by Wu Dang Long Men as a Master.

Master Ramos' accomplishments include a black belt in Sun Mi Do Karate, a national ranking in Olympic Style Saber Fencing, and 3 national titles in Tai Chi Push Hands. He also has extensive medical training in both Western and Eastern traditions. Paul is a US Army-trained combat medic and intensive care nurse who managed the General Surgery Clinic at Walter Reed Army Medical Center. He also has years of training in the Chinese Tui Na system, acupressure, body manipulation, massage, herbology, and Taoist Meditation and health practices.

Paul continues to train with his teachers, Grandmasters Liu Xiao Ling and Gao Tie Niao, who have helped him integrate the different internal systems and continually deepen his understanding. His training in Medicine and Martial Arts is unceasing and he would have it no other way.



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

### **Yang Style 8 Methods Applications Part 1**

Saturday from 1:30-2:30 PM

Office 1

Taiji for Self Defense or Competit

2379 - 425

Enjoy this mini-intensive dual workshop! Ward off, Roll back, Press, Push, Pull down, Rend, Elbow stroke and Shoulder stroke are the 8 basic techniques upon which Tai Chi is based. All other movements are variations and combinations of the principles found in these 8 methods. This Workshop will attempt to examine and work with some of the self-defense techniques that are obvious and not so obvious derived from these methods. Although some applications can be quite vicious, we will maintain safety and control at all times. No experience is necessary but do expect to be challenged by the work.



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### Workshop Leaders with Long Bios and Workshop Descriptions

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#### **Yang Style 8 Methods Applications Part 2**

Saturday from 2:45-3:45 PM

Office 1

Taiji for Self Defense or Competit

2380 - 426

Enjoy this mini-intensive dual workshop! Ward off, Roll back, Press, Push, Pull down, Rend, Elbow stroke and Shoulder stroke are the 8 basic techniques upon which Tai Chi is based. All other movements are variations and combinations of the principles found in these 8 methods. This Workshop will attempt to examine and work with some of the self-defense techniques that are obvious and not so obvious derived from these methods. Although some applications can be quite vicious, we will maintain safety and control at all times. No experience is necessary but do expect to be challenged by the work.

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Marc Sabin

Marc Sabin practices and teaches Taijiquan and Push Hands as a body/mind/spiritual practice. His studies began 1976 as part of a professional acting program. Before focusing solely on Taiji, Marc earned two black belts. He was awarded one in Chinese Kempo and another in Chu'an Fa. He also earned an Advanced Degree diploma in Filipino Escrima from Angel Cabales. His research into the principles and applications of Yang and Chen styles of Taiji, plus his extensive explorations in the dynamics of Push Hands and meditation, have guided Marc's approach to the depths and intricacies of the art. Marc had the good fortune of living in the San Francisco Bay Area, where he spent years studying under several extraordinary teachers. Throughout that time, he met with everyone he could find who could help him glean a better understanding of the principles and applications.

Marc further enhanced his Taiji education on international travels where he attended classes, workshops and one-on-one meetings with other instructors. After relocating to New York, his teaching career took his studies into new heights. It is by instructing others that Marc has applied the instructions he was given and where he has grown most of all. He continues to share his love of Taiji, in the hopes of making a small contribution to this marvelous discipline.

In addition to his devotion to Taiji, Marc is the chief marketing and chief sustainability officer of Advanced Resilient Biocarbon, a company with a mission to solve the global problems of climate change by creating renewed resources by repurposing waste.

As an ordained Interfaith minister, Marc performs weddings and non-denominational spiritual counseling. His regular classes are held New York's Hudson Valley. Contact him to schedule workshops or visit his website: [MarcSabin.com/taijiquan.html](http://MarcSabin.com/taijiquan.html).



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

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## Workshop Leaders with Long Bios and Workshop Descriptions

### **Peaceful Push Hands Workshop**

Saturday from 4:00-5:00 PM

Office 1

Push Hands

2403 - 451

The Way of Harmony: Peaceful Push Hands Workshop

This workshop welcomes participants of all levels, from beginners to experienced practitioners, who wish to explore the transformative power of non-competitive Push Hands. No previous experience in Taiji is required—just an open mind, a willingness to learn, and a spirit of curiosity.

Step into the world of Taiji Push Hands, a dynamic practice rooted in the principles of balance, connection, and harmony. Join us for a transformative workshop focused on non-competitive Taiji Push Hands, where the emphasis lies not in winning or overpowering your partner but in cultivating awareness, sensitivity, and mutual respect. Whether you are a seasoned practitioner or new to the art of Taiji, this workshop offers a unique opportunity to deepen your understanding and experience of this profound practice.

In this experiential workshop, you will:

1. Invest in the Spirit of Learning: Acquire Taiji skills by releasing the attachment to winning and forgoing the concern for losing.
2. Enhance Body Mechanics and Structure: Optimize body mechanics for efficiency, stability and fluidity. Receive force and return power with ease and grace.
3. Heighten Sensitivity and Integration: Cultivate responsiveness to subtle energy cues. Stay in the present moment through challenging predicaments.
4. Delve into Taiji Principles: Refine the ability to relax and respond. Maintain center and integrate whole-body connectivity.
5. Distinguish Intention from Agenda: Explore give and take by upholding the intention to push without the imposition of forceful tactics.
6. Cultivate Precise Responsiveness: Retain mental presence while facing opposing forces. Incorporate attacks, and execute effortless replies.
7. Focus on Accurate Listening and Precise Interpretations. Excise reactive impulses and expand the range of calmness before fear gets incited

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Moving Energy in the Stillness

Sunday from 9:00-10:00 AM

Lodge Dining Hall

Meditative/Spiritual Development

2404 - 452

#### Harnessing Inner Power: Moving Energy in the Stillness

Throughout history, cultures worldwide have recognized the existence of invisible power that permeates everything in and around us. Qi is the Chinese term used to reference life force energy, the vital essence that animates physical, emotional, and spiritual well-being. By tapping into these energetic currents, you can effect profound changes within yourself and influence the world around you.

Join us for a transformative journey, clarifying the effective use of energy to initiate movement. Unlock new dimensions of personal power. You will explore specific exercises to implement and validate the effectiveness of Qi in Taiji. In this workshop, you will harness the inner flow of energy with exercises that restrain outward changes of position to clarify how to rely upon Qi to precede and empower your physical movement. Prepare to unlock and discover the unstoppable flow that surges inside you.

This workshop is designed for individuals who are curious about how to realize the potential of energetic flow. You will experiment with partners to prove or disprove the Taiji theory that you can use your mind to lead your Qi and your Qi to lead your body. Bring your curiosity and willingness to explore. The journey is to cover the territory T.T. Liang described as “imagination becomes reality.” The session offers the opportunity to demystify Qi’s mysterious qualities through direct experience.

In this experiential workshop, you will:

1. Learn the Directions of Energy Flow: Gain a deeper understanding of the nature of energy, and how it can be used to inaugurate physical movement.
2. Explore Non-Physical Energy Movement Techniques: Discover a variety of techniques to move and direct energy without physical movement.
3. Cultivate Mental Directives to Precede Physical Shifts: Use visualization and intention-setting to direct energy and induce physical shifts.
4. Cultivate Awareness and Sensitivity: Fine tune the ability to detect and work with energy through guided exercises and practices.
5. Validate Energy’s Influence on Physical Movement with Partners: Test the efficacy and impact of energetic movement’s effects on the outcome of intention.

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## Workshop Leaders with Long Bios and Workshop Descriptions

### David Ritchie

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, Sf. Ritchie's instructor was Master Wong Li Sung, under Grandmaster Huang Xing Xian, who was a senior disciple of Grandmaster Cheng Man Ching. Sf. 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. Sf. 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. Sf. Ritchie has also taught taijiquan in several corporate settings such as ESPN, the Ntl. Arthritis Foundation and the Ntl. MS Society of CT. Sf. 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.



#### Day and Time

#### Room

#### Track

#### Act-Slot ID

### Rooting, Relaxation and Imagination

Saturday from 10:15-11:15 AM    Office 2 & Zoom    Taiji or Qigong for Health    2372 - 418

Relaxation, Rooting and Imagination. 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.

### Partner Tai Chi and Push Hands

Saturday from 1:30-2:30 PM    Lodge Lounge    Push Hands    2373 - 419

Gumby Partner exercises Rooting Gumby - Develop Energy Root Feather Gumby - Develop Sensitivity to light touch Energy Gumby - Develop Sensitivity to Energy Heavy Gumby - Develop Deep relaxation Original Gumby - Neutralizing incoming energies from all directions

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Dr. Kevin Siddons, Ed.D.

Dr. Siddons is a Qigong practitioner and teacher. He has a doctorate in Health Education from Temple University, and he teaches Taiji, qigong, meditation, relaxation techniques, stress management, and pain management techniques. He continues to train in Hun Yuan Qigong and Taiji with Dr. Henry McCann. Kevin is a professional member of the National Qigong Association (NQA), the chairperson of the NQA Research and Education committee, and a Board Member of the NQA. Kevin has been working with a translator to bring Chinese texts on qigong into English. One of the works that has been translated is the Fifteen Taiji Movements Qigong form by Master Jiao Guorui. The 15 Taiji Movements form is made up of 3 Opening Movements, 15 Main Movements, and 5 Closing Movements. In this workshop we will practice a series of the movements to get a 'taste' of the whole form.



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

### 15 Taiji Movements Qigong form

Sunday from 11:30-12:30 PM

Office 1

Meditative/Spiritual Development

2368 - 414

Master Jiao created this form to be a life-nourishing (養生 - yangsheng) practice. The form contains 3 opening movements, 15 main movements, and 5 closing movements. The main movements are based on Taiji movements that are done repetitively. In this workshop, we will practice the initial main movements to gain a taste of what this form is like. The workshop is appropriate for new or seasoned practitioners.



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### Workshop Leaders with Long Bios and Workshop Descriptions

#### Lynn Teale

Lynn Teale discovered T'ai Chi Ch'uan in 1986 and has never looked back. She had the remarkably good fortune to meet her first teacher, Dorothea Campanelli in January of 1986. Dorothea then introduced her to Master Sidney Austin, a senior student of Master Jou Tsung Hwa. Master Austin introduced her to Master Jou in 1987. Lynn continued her studies with both. She studied with Master Austin until the end of 1992 and with Master Jou until August 3rd 1998. She continues to study and discover each day at every opportunity. It is said that "When the student is ready, the teacher appears."



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

#### **Senior Tai Chi Walking**

Saturday from 1:30-2:30 PM

Lodge Dining Hall

Taiji or Qigong for Health

2378 - 424

Learn to walk all over again. We will practice walking mindfully, slowly and carefully. We will reintroduce the gentle waist turn that should accompany each and every weight shift, while at the same time focusing on walking directly into our supporting leg. Each person's regular walk, as well as the T'ai Chi walk will be examined. There will be chairs available, and canes and walkers are welcome.

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## Workshop Leaders with Long Bios and Workshop Descriptions

### Stephen Watson

Stephen Watson has immersed himself in Eastern philosophy for over 35 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.



**Day and Time**

**Room**

**Track**

**Act-Slot ID**

### Trace Back the Manifestations

Saturday from 11:30-12:30 PM

Lodge Dining Hall

Forms

2399 - 447

“To find the origin, trace back the manifestations.” is the Wisdom handed down in Lao Tze’s Tao Te Ching. This very special workshop has been developed to help us adapt this Wisdom to our form development and thus our self-development - and thus our Art’s development. Stephen Watson has built a career in which the bulk of his students are teachers themselves - with the rest learning to teach as they go. One skill that sets him apart from most teachers is the ability to get to the root of an error - in motion, in understanding, in balance, in judgment, in consciousness. They say that in Tai Chi we are always rooting. Stephen is always rooting around for the root causes of errors and then teaching students the methods and processes by which causations are uncovered. In such a way, he has been able to reliably offer students the earned skill of self-criticism as well as the opportunity to develop the application of this skillset to students who may one day come under their tutelage. Let’s get introduced to the skill of identifying errors to become a better student and a better teacher...thereby preserving and leaving behind a better Art for the next generations. This is important work. You are important enough for important work. Join us, won't you?

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### Workshop Leaders with Long Bios and Workshop Descriptions

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#### **StrataGems for the Yin and for the Yang in Life**

Sunday from 10:15-11:15 AM

Office 2 & Zoom

Academic or Other

2400 - 448

This past year I was informed that I have Stage 4 Cancer. During treatment, at one point, my vitals were WAY off the charts, unable to be found, or troublingly varied. In moments, over a dozen healthcare workers surrounded me as an ambulance was summoned. I would not be going home today...if at all. I was bound for the hospital and critical care. No one knew what the future held for me - either the next few minutes, the next few weeks, or, indeed if there would be any years ahead for me to inhabit. I developed a conscious strategy for how I'd meet whatever may be ahead. A detailed strategy. In my mind as I couldn't hold a pen to paper. I called it my Hospitalization Strategy. Hewing to it in the months that followed allowed me to continue my lifelong study of Life and continue teaching as well. The tactics and strategies available to us thanks to our involvement with Nei Gong, Qi Gong, Neijiaquan, Tuina, and the like serve us and our communities during both the Yin and the Yang times. This workshop's principles and practices can be practiced solo or while partnered; while doing formwork or push hands, and while either seated, standing, or walking. In other words: good mood or bad mood, great health or iffy health; beginner or advanced; solo or partnered - you are a perfect fit! In this one-of-a-kind workshop, we will examine strategies and tactics offered by these Arts and honed by their practitioners. We will, together, work to understand how they might be brought into conscious attendance and honed through our daily practice. Surely, whatever life remains ahead of us will hold its challenges...can we hold to our principles through the coming storms and face each with Humor and Humanity? Yes.