

# **Workshops by Master David Leung**

**Saturday, April 27, 2019**

at Moy Martial Arts & Tai Chi Academy

14407-E NE 13<sup>th</sup> Ave., Suite 122, Vancouver WA, 98685 | [MoyMartialArts.com](http://MoyMartialArts.com) | 360-573-2367

## **Workshop 1: *Wing Chun Chi Sao (sticky hands)* 12:00 – 2:00 pm**

The Martial Art of Wing Chun is renowned for its ability to stick, neutralize, and find and create openings on your opponent. This is accomplished through developing a sensitive and springy structure, and probing and reflexive actions.

Master Leung will work on Chi Sao partner drills to enhance your ability to probe for openings and to trigger the appropriate reflexive action.

This workshop is suitable for beginner and expert levels.

## **Workshop 2: *Tai Chi Push Hands and Applications* 2:15 – 4:15 pm**

Push Hands training develops the ability to sense your opponent's center of gravity, and their areas of weakness and tension. This will enable you to stick, blend, harmonize with their movements, and affect their structure and balance.

Master Leung will teach two-person drills and how to flow into applications once contact is made. This workshop will be beneficial for Tai Chi practitioners and Martial Artists.

## **Workshop 3: *Chen Tai Chi Silk Reeling and Short Form* 4:30 – 6:30 pm**

Chen style is the original style of Tai Chi; with more overt martial expressions of power than Yang style. Silk Reeling practice is fundamental to cultivating the energy (chi/qi) in the body through winding and spiraling the body and limbs in coordination with the dan tien.

Master Leung will also teach section #1 of the Chen Tai Chi short form (from Grandmaster Chen Zheng Lei).

## **Chinese Buffet Dinner 7:00 pm**

All are invited to join us for a Chinese Buffet Dinner at Canton Buffet (1118 NE 78th St.).

***The concepts and training drills taught by Master Leung  
will be beneficial to all Martial Artists regardless of their style.  
These workshops will build a solid foundation for new students,  
and will help long-time practitioners refine their art.***



Master David Leung has taught Chinese Martial Arts at his school in Eugene, Oregon for over 40 years. He is a highly sought-after instructor, teaching workshops all over the US, as well as in Europe and Hong Kong.

He is the Co-Director of the United States branch of the World Chinese Internal Martial Arts Association. Presently, he is also the honorary president of the Tsang Cheuk Yi Chen Style Tai Chi Association of Hong Kong.

His understanding and insight of Asian and Western culture, substantial knowledge of Chinese Martial Arts combined with his energetic teaching style, and decades as a Professor of Psychology make these workshops extremely interesting, entertaining, and informative.

**If registered and paid before April 27\*:**

Workshop 1 – Wing Chun Chi Sao (sticky hands)	\$40
Workshop 2 – Tai Chi Push Hands	\$40
Workshop 3 – Chen Tai Chi Silk Reeling and Short Form	\$40

*All three workshops for \$115 with pre-registration.*

**\* Students of Master Leung or Sifu Moy pay \$35 per workshop.**

- Participants: Additional \$10 per workshop if registering at the door.
- Spectator Fee is \$15 per workshop. Spectators may register at door.
- Sorry, but there is limited space available – early registration is suggested!

**Workshop location:**

Moy Martial Arts & Tai Chi Academy  
14407-E NE 13<sup>th</sup> Ave., Suite 122, Vancouver, WA 98685  
From I5, head west on 134<sup>th</sup> St.  
Turn right (north) onto 10<sup>th</sup> Ave.  
Turn right (east) onto 144<sup>th</sup> St. Head east for one block.



**For more information contact:**

Sifu Mark Moy  
360-573-2367      [info@MoyMartialArts.com](mailto:info@MoyMartialArts.com)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

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- I will attend**
- |  |      |
|--|------|
| _____ <b>Workshop 1</b> – Wing Chun Chi Sao (sticky hands)   | \$40 |
| _____ <b>Workshop 2</b> – Tai Chi Push Hands                 | \$40 |
| _____ <b>Workshop 3</b> – Chen Tai Chi Silk Reeling and Form | \$40 |

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**\*Amount enclosed \$ \_\_\_\_\_**

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Make checks or money orders payable to **Leung Martial Arts**.

- Send registration form and fees to...
- Moy Martial Arts & Tai Chi Academy  
14407-E NE 13<sup>th</sup> Ave., Suite 122  
Vancouver, WA 98685