

JING CHENG MARTIAL ARTS SCHOOL

Floyd, VA

2011 FALL CLASSES

NEW QIGONG CLASS

Wang Ji Wu's Longevity Exercises

Wednesday Mornings

8:00 - 9:30 AM Begins October 19, 2011

Wang Ji Wu's Sixteen Longevity Exercises comprise a qigong (chee-gong) system developed in the mid twentieth century by renowned Xingyi boxer and Chinese doctor Wang Ji Wu. This qigong was designed by Dr. Wu to lessen the demand for his medical services. By teaching these exercises to his patients and general community, he efficiently distributed a means to achieve health before they needed his medical intervention. This is the ultimate goal of Chinese medicine and martial arts, to teach the tools for cultivation of health and longevity so that harmony prevails in one's community.

This qigong is suitable for any age and most degrees of physical ability. The movements combine a thorough physicality with breath-work and meditative body-awareness. The goal of the class is to teach the full set of sixteen exercises, at which point students will own a rich set of tools with which to maintain their health.

The class fee is a voluntary contribution.

SHEN LONG XINGYI

Wednesday Evenings

5:00-7:00 PM Begins October 19, 2011

Shen Long Xingyi is an ancient Chinese internal martial art that cultivates correct posture, strength and balance. It is a time-tested method for harmonizing the internal environment essential for health of mind and body. Students will learn individual, two-person, and weapons forms as they progress through the system. Xingyi is on one hand a straightforward, no frills martial art, and on the other a profound repository of Taoist based practices for tuning in to the cycles and energies of the natural world.

The movements and postural, and yet are well suited for a broad range of physical ability. Although the framework is martial, the focus of this class will largely be on the cultivation of health, balance, and strength in movement.

Class Fees: \$50 per month*

**If you are already taking an internal arts class, the fee is \$20 for a 2nd class and \$10 for each additional class.*

Open to adults of all ages and abilities

No previous experience required

Pre-Registration requested

For more information or to sign-up call (540) 651-2682.