

## Workshops

March 22nd Friday 7 PM - 9 PM

Dr. Jwing-Ming Yang

Tai Chi applications.

Master James Smith

Penchak Silat Harimau Berantai originated out of Mayalasia.

March 23rd Saturday 8:00 PM - 10:00 PM

Dr. Jwing-Ming Yang

Qin Na.

Qin Na is the set of joint lock techniques used in the Chinese martial arts to control or lock an opponent's joints or muscles/tendons so he/she cannot move, thus neutralizing the opponent's fighting ability.

Master Paul Hanna

Tai Chi Chuan 13 Yang Style kinetic movements.

MODIFIED YANG STYLE THIRTEEN KINETIC FORM

(Martial applications) emphasizing inner essence of Taiji ,Baqua and Xingyi

March 24th 8 AM - 10 AM

Master Chun Man Sit

“Random circle hand - a Taiji sticking hand (chi sau) for self defense”

Next will be held at Culture Center TECO

10303 Westoffice Dr. Houston, TX 77042

March 24th 2 PM - 4 PM

Dr. Jwing-Ming Yang

Everything you want to know about Kung Fu

History, Northern and Southern styles, External and Internal