

# 意力拳

# I Liq Chuan

*The Martial Art of Awareness*

I Liq Chuan (literally translated as Mental-Physical Martial Art) is an internal art that has become known for its effectiveness as a martial art. The practice of I Liq Chuan develops the ability to react spontaneously to attacks, not relying upon pre-arranged responses, through its specialized partner practices of Spinning Hands & Sticky Hands.

This weekend Master Sam Chin will guide us in learning how to develop specific qualities the internal arts are known for, through solo exercises and partner practice.

By practicing a series of movement drills combined with attention, we will learn to unify ourselves and in turn, with a partner. It is through the physical sensitivity and awareness of the reactions of both our partners and our own bodies that we will begin to feel and act in the moment, rather than thinking and anticipating.

Here is what you will learn this weekend:

1. Taiji & Chan (Zen) approaches to learning.
2. Understand, both mentally & physically, five qualities essential to the internal arts:
  - \* Absorb & Project
  - \* Open & Close
  - \* Condense & Expand
  - \* Concave & Convex
  - \* 3-D Action
3. To express the above qualities with a partner through Spinning Hands & Sticky Hands.
4. Strategies of action in dealing with an opponent.
5. Engaging the point of contact. What? How?



## About Master Sam Chin



Master Sam Chin has spent his life learning and refining the I Liq Chuan system.

He was a Selangor state heavy weight kickboxing champion in 1978. During the 1980's, Master Chin continually won Push Hand Championships.

Through his own practice of Buddhist Chan (Zen) philosophies he has gained a deeper understanding of the concept of Awareness. This insight resulted in the tremendous improvement of I Liq Chuan as a martial art. Master Sam Chin has instructed countless students and promoted a select few to the level of instructor. Master Sam Chin's arduous undertaking has resulted in an increased interest in I Liq Chuan all across the globe.

Long time practitioners of many types of martial arts are amazed to see how the study of the internal principles through the lens of I Liq Chuan deepens their understanding of their respective arts.

**What:** 2 Day Workshop

**When:** Oct 9&10, 2010 10am-5pm

**Where:**

APSK

1058 N Higley Rd.

Mesa, Arizona 85205

**Fee:** RSVP by 09.01.10

\$200 2 Days / \$125 1 Day\*

AFTER 09.01.10

\$250 2 Days / \$150 1 Day\*

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\*I Liq Chuan Assc. members receive special discounts