

*In Motion Center*  
*Masters in Residence Series*  
**Grandmaster Sam F. S. Chin**  
**I Liq Chuan - Spring 2017 Seminar Series**



April 26 Wednesday	7 pm – 9:30 pm	The Process of ‘Zhong Xing Dao’ Cultivating the Neutral Path “ What is Physical Neutral ? ” “ What is Mental Neutral ? ”	\$ 65
April 27 Thursday	11 am - 3 pm	How to train Your Body’s Internal Power Jings - Loose, Soft, Elastic and Fa Jing	\$ 85
April 27 Thursday	7 pm - 9:30 pm	The 5 Qualities of Movement Unification Matching and Flow with the 3 Engagements	\$ 65
April 28 Friday	11 am - 3 pm	The Center Line, the Balance Bean Line And Suspending the Crown Movement with Reference to the Center	\$ 85
April 28 Friday	7 pm - 9:30 pm	The Cycles of the Spinning Hands	\$ 65
April 29 Saturday	9:30 am – 11:30 am	Student Levels 1 2 and 3 ILC Members Testing and Grading	
April 29 Saturday	12:30 am - 7:30 pm	Refining the Sticky Hands Process – Training the Upper and Lower Hand How to Listen – How to Feed in order to develop the Offense and Defense Points	
April 30 Sunday	10:30 am - 6:00 pm	Weekend Seminar	\$ 235

To register and arrange your payment call 510-261-4570 or email

[blangan@stillnessinmotion.com](mailto:blangan@stillnessinmotion.com)

*Seminar Locations:*

**Weekday and Evening Seminars  
and Saturday Morning Testing**

*In Motion Center*  
*1091 Calcot Place Suite 412*  
*Oakland, CA 94606*

**Weekend Seminar**

*ALAMEDA AIKIKAI*  
*2025 CLEMENT AVE.*  
*ALAMEDA, CA 94501*

