

In Motion Center
Masters in Residence Series
Grandmaster Sam F. S. Chin
Zhong Xin Dao – I Liq Chuan
June 8-12, 2023 Seminar Series



June 8 Thursday	12 noon - 5 pm	The Process of ‘Zhong Xin Dao’ Cultivating the Neutral Path Concentration with Clarity “What is Knowing?” “How does Wisdom Arise?”	\$ 85
June 8 Thursday	7 pm - 9:30 pm	What is Unification? What is Separation? How to Train the Center Point Quality Correctly by Stretching One Point of Attention to a Line, Circle and Sphere	\$ 65
June 9 Friday	12 noon - 5 pm	The Path of the Returning Energy Creating Rebound Energy with ‘Flat’ Equal Pressure in your Joints and Tissues	\$ 85
June 9 Friday	7 pm - 9:30 pm	Stretching Power Along the Skeleton Balancing the Direct Moment of Change The Forking Spiral Rotation of the Axis and Tangential Forces of the Straight and Curve	\$ 65
June 10 Saturday	9:30 am - 11:30 am	ILC Members Grading	
June 10 Saturday	12:30 pm - 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 with Concave & Convex - Empty & Full	
Topic for both days			
June 11 Sunday	10:30 am - 6:00 pm	Weekend Seminar	\$ 235
June 12 Monday	12 noon - 5 pm	The Principles of Rotational Infinity The Function of Looping to Propel Figure 8 Continuous Movements	\$ 85

You can pay with a check through the mail.

or by Credit Card over the phone, or by Venmo or Paypal

**Please first fill out the registration form and email it back if you are
Paying with options other than check.**

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

blangan@stillnessinmotion.com

Seminar Locations:

**Weekday and Evening Seminars
And Saturday Morning Grading**

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

Weekend Seminar

***ALAMEDA AIKIKAI
2429 CLEMENT AVE.
ALAMEDA, CA 94501***