

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

Zhong Xin Dao - I Liq Chuan – December 2025 Seminar Series



December 2025 Intensive Registration Form

Your Name and (ILC Member Number if applicable)

Name _____

Email _____

Your I Liq Chuan Instructor _____

Your Student Level _____ **Instructor Level** _____

Day & Evening Seminars held at In Motion Center

ILC MEMEBERS - Please determine and write in your Discounted Tuition from Page 2

\$_____ Dec. 11 Thursday 12 noon - 5 pm The Process of 'Zhong Xin Dao'
Stretching the Hardware on the Bone

\$_____ Dec. 11 Thursday 7 pm - 9:30 pm Structure & Action
Separation, Looseness & Connection

\$_____ Dec. 12 Friday 12 noon - 5 pm The Action of Dropping
Gravity Force on Draw & Condense

\$_____ Dec. 12 Friday 7 pm - 9:30 pm Separation from the Hip Joints
Coordinating Power in the Limbs & Torso

\$_____ Dec. 15 Monday 12 noon - 5 pm Balancing Pressures while Pivoting

ILC Members Grading

Grading will take Place at during the Weekend Workshop on Sunday

You will need to Inform your Instructor you will be testing – and get Instructor approval before Paying Your Testing fee online at www.ilichuan.com.

All Grading will be in Full ILC Uniform with Sash - No Exceptions

Weekend Seminar held at Aikido Institute 5515 Doyle St. #2 Emeryville, CA 94608

\$_____ Dec. 13 Saturday Spinning & Sticky Hands 10:30 am - 6:00 pm
Timing & Spacing

Both Days _____

Dec. 14 Sunday Spinning & Sticky Hands 10:30 am - 6:00 pm
Timing & Spacing

One Day _____

\$_____ Total

The Following Discounts PAID BY 11.21.2025 will apply to people registering for the entire December 2025 I Liq Chuan Intensive

Participant non - ILC Member \$ 610

ILC Member Student \$ 560

ILC Member Student Level IV and above \$ 525

ILC Instructor Level I \$ 500

ILC Instructor Level II and above \$ 460

Registration is made through your payment for the seminars.

**All registration is on a first come first serve basis;
must be made and paid for in full in advance
to qualify for the discounted rates.**

Weekday and Evening Workshop Tuition

Discounts for ILC Members

Thursday, Friday and Monday Daytime Workshop Tuition \$ 95

Active ILC Members: \$ 90 - Students Level 3 & above: \$ 85

Certified I Liq Chuan Instructors - Level 1: \$ 80 - Level 2: \$ 75 - Level 3: \$ 65

Thursday and Friday Evening Workshop Tuition \$ 80

Active ILC Members: \$ 75 - Students Level 3 & above: \$ 70

Certified I Liq Chuan Instructors - Level 1: \$ 65 - Level 2: \$ 60 - Level 3: \$ 55

Weekend Workshop Tuition \$ 250 both days \$ 145 one day

Discounts for ILC Members

Active ILC Members: \$235 - Students Level 4 & above: \$ 215

Certified I Liq Chuan Instructors - Level 1: \$ 205 - Level 2: \$195 - Level 3: \$185

PAID BY 11.21.2025 \$ 250 for 2 Days, \$145 1 Day AFTER 11.21.2025 \$ 270 for 2 Days, \$ 160 1 Day

To Register Contact Bernard Langan email: blangan@stillnessinmotion.com phone: (510)-261-4570