



JING YING

INSTITUTE

1195 Baltimore Annapolis Blvd, #6
Arnold MD 21012 (410) 431-5200 info@JingYing.org

Sunday, April 20, 2008 - Jing Ying Institute Presents:

Push Hands & Qinna (Chin-Na) Techniques

Presented by Master Willy Lin



- ☉ Began studying Kung Fu in Taiwan in 1957
- ☉ Head instructor and assistant to Wang, Jyue Jen: 1960-1968
- ☉ First to introduce T'ien Shan P'ai Kung Fu to the US
- ☉ Author of several books on T'ien Shan P'ai and Chin-Na
- ☉ Has taught in Taiwan, Brazil and the US, and many of his students have gone on to open their own schools

Sunday, April 20, 2008 from 10:00 am to 12:00 pm - Tui Shou (Push Hands)

Push Hands practice helps students gain an understanding of leverage, reflex, sensitivity, timing, coordination and positioning. You learn to avoid, neutralize and redirect the incoming forces of your opponent's attack while also learning to generate, coordinate and deliver power to them. These skills are very important in gaining a deeper understanding of Tai Chi, but are also useful to any martial artist wanting to become more effective when fighting in close range.

Sunday, April 20, 2008 from 1:00 pm to 3:00 pm - Qinna (Chin Na)

Qinna is the Chinese art of "seize and control." It is used to restrain opponents through techniques for locking joints or muscles and tendons by applying leverage and using pressure points. The techniques require very little force making them especially effective against larger and stronger opponents. In addition, the pressure of many techniques can be adjusted so that they can be used merely to control an opponent or to injure or disable them when necessary. The techniques can be used to defend against grabs, holds and chokes or used to immobilize, subdue, or control assailants. These are important skills for when you are in close contact with an opponent and are especially useful in law enforcement and other situations when you need to subdue an assailant without injuring them.

These workshops are suitable for all martial arts styles and all levels of experience, including beginners with no previous training. Don't miss this opportunity to learn from one of the best! Class size will be limited to ensure everyone gets individual attention and plenty of hands-on experience. Be sure to register in advance to reserve a spot as walk-in registration is not guaranteed.

Location: Jing Ying Institute of Kung Fu & Tai Chi, 1195 Baltimore Annapolis Blvd, #6, Arnold MD 21012
Date: Sunday April 20, 2008
Time: As stated above (please arrive 20 minutes early to check-in or register)
Cost: \$60 for one workshop or \$100 for both. Please register in advance to reserve your spot!
Payments: Check, credit card or cash. Make checks payable to Jing Ying Institute. You can register and pay on-line at: <http://www.JingYing.org/events.html>

*Participants under age 18 must have a release form signed by a parent or guardian.
Master Lin's books and DVD's will be available for purchase and autographing at this workshop.*