



# Kingwood Kung Fu Presents Houston Area Tai Chi Symposium

**Kingwood Kung Fu at  
Kingwood Topkick Karate  
3838 Woodlands Hills Dr  
Kingwood, Texas 77339**

**May 30, 2009  
9:30 AM - 3 PM**

Workshops will include

- **Tai Chi Applications and Self Defense**
- **Push Hands training**
- **Stress Management**
- **Qi-Gong**
- **Tai Chi Program for Arthritis**

Participants can attend up to three workshops

The presenters are some of the top experienced Tai Chi instructors in the area who are coming together in this symposium for the first time to conduct workshops on the many facets of this ancient art form.

**Master Ed Green**

**Sifu Walter Barnett**

**Sifu Greg Illich**

**Sifu Dale Napier**

**Cindy Petter LVN**

Who should attend?

- **Everyone who has an interest in learning about Tai Chi**
- **Tai Chi instructors, practitioners,**
- **Martial artists of any style**
- **Physical/Occupational Therapists**
- **Senior Citizens**

*Concessions available*

**For more information call 281-883-9092**

Or  
**To pre register**

*Tai Chi Demonstrations*

Name \_\_\_\_\_ Phone # Home \_\_\_\_\_ Bus \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_

Pre registration \$40 / 5 or more group discount \$35 ea / At the door \$45

Number of people \_\_\_\_\_ x \$40 = \$ \_\_\_\_\_      Number of people over 5 x \$35 = \$ \_\_\_\_\_  
Names \_\_\_\_\_      Names \_\_\_\_\_

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Make checks payable to **Kingwood Topkick Karate**  
in memo  
write Symposium and send to  
3838 Woodland Hills Drive  
Kingwood, Texas 77339

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Master Ed Green has earned a black belt in Tae Kwon Do and in Kung Fu. Under the guidance of Yun Yang Wang he earned his 5<sup>th</sup> degree Black Sash. Tai Chi was a Black Sash requirement resulting in his study of Tai Chi for more than 30 years. In that time he conducted work shops, training seminars and as a Licensed Clinical Social Worker has introduced Tai Chi to area psychiatric hospitals and schools as a positive way to help children and adolescents learn self control. He now has his own school, Kingwood Kung Fu in Kingwood TX offering training programs in both Kung Fu and Tai Chi. In 2007 Kingwood Kung Fu became a member of the PCMA (Professional Combined Martial Arts Association) and has instructed martial artist of all styles in Tai Chi at the 2007 and 2008 Summer Clinics, is the head instructor of Tai Chi instruction and promoted to 7<sup>th</sup> degree Black Sash and awarded the title of Master in 2008. For more information visit [www.kingwoodkungfu.com](http://www.kingwoodkungfu.com)

**Workshop Topic**

Tai Chi Qi-Gong

What is Qi-Gong?

How does it work? Who can benefit?

Introduction to Qi-Gong Exercises

Sifu Walter Barnett began Tai Chi Chuan/Qigong training with Jialing Yan (Taiwan) at Tomball Community College, Tomball, Texas, learning Yang Style Tai Chi Chuan, 24 Step Simplified Version, and the Yang Style 48 Form Movements. Studying with Master Trainer, Troyce Thome, Walter began learning Sun Style Tai Chi as it is adapted for people with Rheumatic conditions. In 2007, Walter was Certified as a Tai Chi for Arthritis instructor sponsored by the Arthritis Foundation; and, (as far as is currently known) started the first Tai Chi for Arthritis land program in Northwest Harris Count at Tomball College. Walter continues his studies in Taiji with Master George Ling Hu of Hu's Martial Arts in Bellaire, Texas – and is an active member of the American Yang Michuan Taiji Association and the American Tai Chi Association. Walter is currently teaching at Tomball College, The Academy of Lifelong Learning (Tomball), The Texas Sports Medicine Center, and private sessions for those unable to venture too far from home.

**Workshop Topic**

Tai Chi for Arthritis

What is the Tai Chi for Arthritis Program

What are the Benefits of Learning the Program?

How does it work?

Why the Tai Chi for Arthritis Program?

What Are the Characteristics of This Program

Sifu Greg Illich has more than 22 years experience in various Tai Chi forms with a focus on health, flexibility, building core strength, mental focus, and self defense. He holds certification as instructor of the Original Yang Style of the Tai Chi Chuan Association, and Chinese Martial Arts Self-Defense under Master George Hu. For more information visit [www.houstontaiji.com](http://www.houstontaiji.com)

**Workshop topic**

Tai Chi Self-Defense Applications

- Using Tai Chi with minimal effort, maximum result.
- Yielding Principle; Finding Points of Tangency.
- Make your form more alive through better understanding of application.
- “Custom fit” application according to changing situation.
- Problem focused self-defense.
- Hidden Chin-Na in Tai Chi.

Sifu Dale Napier began his martial arts training in 1965 and his Tai Chi and Qigong training in 1977. He has trained in a variety of Chinese, Japanese, Korean, and Okinawan martial arts but in the last 20 years has focused on Tai Chi Chuan, studying under several master teachers. His writing on Tai Chi has been featured in Kung Fu Magazine, which is publishing another of his articles, on Tai Chi Qi Cultivation, in the May/June issue. He has been teaching Yangjia Michuan Taijiquan since 2002 at venues including the University of Houston, the Jewish Community Center, and now the Houston Arboretum. He is currently working on a book, Tai Chi In Your Life: 8 Principles and 5 Attitudes that Can Improve Your Life While Learning Tai Chi. Visit his website, [www.ElementalTaiChi.com](http://www.ElementalTaiChi.com), for more information.

**Workshop topic**

Purposes and requirements of pushing hands

Two-person exercises:

1) Receiving to waist

2) Receiving to chest

3) Receiving to shoulder

4) One-hand horizontal circling

5) Ward-off circling

6) Taste of freestyle

Cindy Petter has been a nurse for 17 years with experience ranging from, orthopedics, surgery, long term care and hospice. These have been invaluable experiences as a nurse trainer as well, that includes stress management as one of the topics to help nurses, other professionals and families. She has been studying Tai Chi for 1 1/2 years at Kingwood Kung Fu under Master Ed Green where she is learning the Traditional Yang Style Tai Chi Long Form, Qi-Gong, Push Hands and weapons. As a Nurse she has learned the value of Tai Chi as a way to management stress, relieve tension, promote relaxation and improve and maintain good health.

**Workshop Topic**

Tai chi for Stress Management

What stress is and is not

Physiological reaction to stress

Managing stress with Tai Chi