

# Seminars with Master Su Zifang

**June 21-23, 2019  
Olympia, WA**



**To register, for more information,  
or to schedule a private lesson,  
contact Debbie Leung**

at [ChineseArts-Oly@comcast.net](mailto:ChineseArts-Oly@comcast.net), 360/402-4305  
Web: [www.ChineseArts-Oly.com/seminars-with-master-su-zifang.html](http://www.ChineseArts-Oly.com/seminars-with-master-su-zifang.html)  
Facebook: Master Su Zifang Seminars

## About Master Su Zifang:

Master Su trained full-time since a child with China's great martial artists in Taijiquan, Xingyiquan and Baguazhang, and was named one of China's 100 Outstanding Wushu Practitioners by the Chinese National Wushu Association. She won numerous medals in national and international competitions during her 50-plus years of practice, has coached many champions in China and abroad, and has established a reputation for being an inspiring teacher for students of all ages and abilities. She teaches with a passion for the martial arts and shares her skill and knowledge with kindness and humility to anyone with a desire to learn.

Master Su has been teaching this popular seminar in Olympia since 2007.

- **5 Animal Frolics Qigong & Chinese Medicine (new this year)**
- **Taiji Kung Fu Fan**
- **Taijiquan Foundation**
- **Taijiquan Sword**
- **Baguazhang**

**SPECIAL WEEKEND DISCOUNT:  
\$275 for all classes Friday, Saturday and Sunday  
(\$350 after June 9)**

**Single Classes: \$45-\$110  
Private Lessons available: \$150/hr., \$75/half hr.**

## Class Location:

Meeting House at Priest Point - 3201 Boston Harbor Road NE, Olympia, WA (except Sunday morning sword class, see Taijiquan Sword class description for location)

## Class Descriptions:

### Taiji Kung Fu Fan

Friday, June 21 • 6:30 to 8:30 p.m.  
\$45 (\$55 after June 9)

The fan is an unsuspected weapon often used in Chinese martial arts. Learn basic techniques and movements, then put them together into a form. Martial art fans are available online.

### Taijiquan Foundation

Saturday, June 22 • 9:30 to 11:30 a.m.  
\$45 (\$55 after June 9)

All Taiji styles share a foundation that includes posture, relaxation, full-body connection and the 10 Essentials. Building a strong foundation is essential for beginners and improving it is a goal for all practitioners.

### 5 Animal Frolics Qigong & Chinese Medicine

Saturday, June 22 • 1:30 to 5:30 p.m.  
\$90 (\$110 after June 9)

The movements in this old qigong form cultivate qi (life energy). Each animal improves the health of a specific internal organ. Learn the movements in detail with time to practice. How they improve health will be explained by Dr. Jen Resnick, a doctoral graduate of Seattle Institute of East Asian Medicine with a private practice since 2006.

### Taijiquan Sword

Sunday, June 23 • 9:30 to 11:30 a.m.  
\$45 (\$55 after June 9)

At Priest Point Park, Shelter 2 – 2600 East Bay Drive NE, Olympia, WA  
Develop a strong foundation in traditional Taiji sword (double-edged straight sword – jian) by learning its various methods and techniques, and putting them together into a form. Everyone is welcome.

### Baguazhang (Eight Trigram Palm)

Sunday, June 23 • 1:30 to 5:30 p.m.  
\$90 (\$110 after June 9)

Bagua gracefully expresses power through circles and spirals while developing balance, strength and flexibility. Practice circle walking (the foundation of Bagua), basic steps, and the eight palms in a beginning form that is both fun and challenging.

