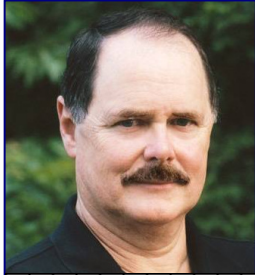


Gathering Of The Circle 2011

JUNE 6-10



**With Dr. John Painter
&
Shifu Robert Castaldo**



Fu Zhang - Lake Palm Power of the Red Bat

Don't miss this years annual Gathering of the Circle for all Jiulong Baguazhang practitioners and instructors. This year we will again be housed in the Best Western Hotel located in Albany New York for five days of training in Jiulong Baguazhang Fu-Zhang (Lake Palm) we are featuring both martial and Qigong methods plus teachers training. As always beginners are most welcome to attend this event.

MORNING QIGONG TRAINING: Morning Training will be devoted to Quiet Sitting and Fu Zhang Qigong. Students learn the true power of Quiet Sitting and Power Standing for health and martial skills. We will train special circle walking holding Fu Zhang postures designed to harmonize the body with the energy of the earth and Fu Zhang's associations with the acupuncture meridians and internal organs. Ancient tradition says that when Fu Zhang is done smoothly and without pause it brings an abundance of Qi to the Jing Cauldron in the lower Dantian and activate the Qi Vessel in the middle Dantian calming the Heart fire and reducing stress it can stimulate the power of quiet intellect and intention (Yi).

SPECIAL MORNING INSTRUCTORS TRAINING Shifu Robert Castaldo, will present an instructors training program for new and established Jiulong teachers covering an array of methods for learning and teaching Jiulong basics,. The program is open to those enrolled in our teachers training program and established instructors. During the second half of the afternoon all students and instructors will join Dr. Painter's class to continue working on Lake Palm applications.

AFTERNOON TRAINING: FU ZHANG POWER OF THE RED BAT FOR DEFENSE. Fu Zhang means pressing down palm. Lake in the Yijing is energy of softness but it hides deep currents of an inner strength and overwhelming power in its depths. In its Yin form it hooks or pulls with the space between the thumb and wrist to catch and deflect attacks.



Jiulong Instructors Yancy Orchard & Ethan Rasiel Training Lake Palm

As an offensive tactic it cuts like a saber slicing across on a rising of falling horizontal line. The image is of a bat swooping down flying across a lake looking for a fish in the depths. We will examine these powers for neutralizing, locking, throwing and striking through a series of martial games and two person exercises designed to impart an internal and external understanding of the Fu Zhang energies.

**Lower Rates
Great Food
And Accommodations**

The Gathering is hosted by Jiulong Baguazhang Preservation Society and Alpha State Events.
Sign Up Now for the Early Bird price for this entire week-long event!

For full information contact Loretta Wollering.
Register Now to Guarantee Your Space!
<http://www.taichigala.com/index.html>
Register By Phone Call: 973-827-8805