



KAMPFKUNST DER
ACHTSAMKEIT
ZHONG XIN DAO I LIQ CHUAN
GERMANY

Zhong Xin Dao - I Liq Chuan
International Seminar



Grandmaster Sam Chin and his son Hsin Chin return to Germany!

Darmstadt, May 6th - 9th 2022

- » Philosophy, Concepts, Principles
- » Basic Exercises
- » Spinning Hands
- » Sticky Hands
- » Five Elements Striking

Additional seminars

- » for CFILC Members (Monday)
- » for school-licence-holders (friday)



KAMPFKUNST DER ACHTSAMKEIT

ZHONG XIN DAO | LIQ CHUAN

GERMANY

May 6th to 9th 2022

Grandmaster Sam Chin and his son Hsin Chin return to Germany (Darmstadt)

Grandmaster Sam Chin and his son Hsin Chin return to Europe for the first time since the start of the pandemic. In Germany they will hold a total of 4 days of classes, including over **18 hours of training**.

Do not miss this great opportunity to live and train with Grandmaster Sam Chin and Hsin Chin! They will personally lead you every step of the way!

In addition to the weekend classes (**Saturday, May 7th and Sunday, May 8th both from 10am to 6pm**), there will be a special seminar for **school license holders on Fridays (May 6th) starting at 5pm** and on **Monday (May 9th)** a seminar for **study group leaders and instructors starting at 1pm** and finally a **seminar for members at 5pm**.

All lessons will be led in English by Grand Master Sam Chin and his son Hsin with translation into German.

On Saturday and Sunday evening we will have dinner together. Whether this will work on the other days depends on how late it will be. Please register for this!

The seminar on Saturday and Sunday will take place in the **Aikido Dojo Darmstadt (Hochstr. 7)**.

The location for the Friday and Monday seminar you will get to know from our office shortly after registration.

Friday 6th	Saturday 7th	Sunday 8th	Monday 9th
	10am-1pm Seminar Zhong Xin Dao - I Liq Chuan	10am-1pm Seminar Zhong Xin Dao - I Liq Chuan	1pm - 4pm Seminar Instructors and study group leaders
5pm seminar school licence holders, incl. photo-shooting	3pm to 6pm Seminar Zhong Xin Dao - I Liq Chuan	3pm to 6pm Seminar Zhong Xin Dao - I Liq Chuan	5pm to 8pm Seminar Members CFILC
	7pm diner	7pm diner	



KAMPFKUNST DER ACHTSAMKEIT

ZHONG XIN DAO | LIQ CHUAN

GERMANY

The topics presented over the course of the 4-day event will include the following:

Philosophy, Concepts & Principles

The first step is to approach the learning process from the right viewpoint, and it is our philosophy, concepts and principles guide us throughout the training. There are no secrets - every step of the way is clearly defined. Through this approach, we first train to observe, notice, and be aware of what the body and mind naturally do, and freeing ourselves from our habits and reflexes.

Basic Exercises

In the Basic Exercises, we train to unify ourselves. It is here that we recognize how to maintain our alignment with gravity force and to balance our bodies and our movements in the Six Directions and the Three Dimensions. Each of the Basic Exercises has different dimensions, and we look to understand the body structure, recognize the limits of movement in each plane, and how to change freely from one to the other. We will break down both linear and circular movement, and look to recognize the Five Qualities of Movement Unification and the Circle with Rotation.

Spinning Hands

In Spinning Hands we take the Self Unification from the Basic Exercises and look deeply into the point of contact in order to recognize how to adjust the Circle with Rotation to engage with a partner. How do we maintain our alignment with gravity force while also aligning with the opponent's force at the point of contact? Through this process we see that all movement comes down to opening and closing, which leaves us with two circles - clockwise and counter-clockwise. In this workshop we will look at the Four Qualities of Contact Unification, the Four Strategies, and the Three Engagements.

Sticky Hands

In Spinning Hands we recognize how to hold the half-line at the point of contact and how to maintain our defense. In Sticky Hands we train to recognize how maintain this half-line while using rotation to both attack and to defend with a single action. Through this process of engaging and of balancing at the point of contact we see that we do not stick to the opponent, but rather the opponent becomes stuck to us. In this workshop we will train to flow to meet and match with the partner.

Five Elements Striking

The 5 Elements (Earth, Metal, Water, Wood, Fire) function as a reference so that we may better see the relationship of the 6 Directions and 3 Dimensions and the cycles of Offense and Defense within. Each movement has both a martial application as well as a physiological effect on the body, and we will look at the solo and partner movements for each element.



KAMPFKUNST DER ACHTSAMKEIT

ZHONG XIN DAO | LIQ CHUAN

GERMANY

Costs and Registration

For members		For non-members	
Sat or Sun 1 day	135,- €	Sat or Sun 1 day	150,- €
Saturday and Sunday	230,- €	Sat and Sun	260,- €
Friday (school licence holders)	free for photographer: 75,- €		
Monday (Instructors and study group leaders)	free		
Monday (Members)	75,- €		

Registration

To register, please visit the official website of our German regional office at www.kampfkunsterachtsamkeit.de, or go to the >> Calendar of Events (**Veranstaltungskalender**) at www.kda-portal.de. << There you can book the seminar right away!

Membership in the Zhong Xin Dao - I Liq Chuan - Family

If you are interested in becoming a member, you can do so either during the seminar or on-line beforehand. You can find the contract form at kda-portal.de/?mitgliedsantrag. If you decide after the weekend that you would like to participate in the event for members on Mondays, we will retroactively refund you the difference of the weekend.

The membership is 60,- € per year (there are special conditions for seniors and students - and there is a lifetime membership).



KAMPFKUNST DER ACHTSAMKEIT

ZHONG XIN DAO | LIQ CHUAN
GERMANY

Data protection / Privacy

Data protection and consent

For our administration, communication with the head office in New York as well as for financial reasons, we use personal data from you. The processing and use of this data is regulated by law. You can request information about the data stored about you at any time, as well as the correction of your data if they are incorrect or incomplete.

Claims for deletion or blocking of your data may exist if their collection, processing or use proves to be inadmissible or no longer necessary.

In all these cases, you can contact our regional office at any time:

>> info@kampfkunstderachtsamkeit.de

Of course you can also write to us:

Kampfkunst der Achtsamkeit, Roßdörfer Str. 67, 64827 Darmstadt, Germany

We need your consent that you can be seen on picture and video content that is made for the purpose of - also commercial - publication and distribution during the event. This consent includes the spatially and temporally unrestricted use of the recordings in print media, digital media and data carriers (e.g. DVD, CD-ROM) and Internet presences of the products of CFILC LLC - I Liq Chuan - Zhong Xin Dao „Martial Art of Awareness“.

- I consent
- I do not consent

Date, print letters, signature

Please bring the form printed to the seminar or send it in advance to our regional office (Annette Haubrich):

>> info@kampfkunstderachtsamkeit.de

Covid notice and privacy

Of course, we follow the Corona guidelines of the Federal Ministry of Health of Germany. The current guidelines on site will be communicated to the participants two weeks before the start of the seminar.