

PRESENT



**ZHONG XIN DAO
I LIQ CHUAN**



GRANDMASTER SAM CHIN AND HIS SON HSIN CHIN *RETURN TO ITALY*

MARTIAL ART OF AWARENESS



*Honorary Professor Emeritus
Founder of Zhong Xin Dao
Gatekeeper of I Liq Chuan*

INTERNATIONAL SEMINAR

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

EXTRA SESSIONS

28/04/2022: Team Leader only

02/05/2022: Members only

ROME APRIL 29 - MAY 1 2022

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AT **IL TEMPIO DELLE ARTI MARZIALI**
Via di Marco Simone, 251 - 00131 Roma

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UIKT



April 29 - May 1, 2022

Grandmaster SAM CHIN and his son HSIN CHIN return to Italy in Rome!

Grandmaster SAM CHIN and his son HSIN CHIN return to Europe for the first time since the start of the pandemic.

The Italian portion of this amazing tour includes a **3-day international workshop that will take place in Rome from April 29 to May 1, 2022** and will include 18 hours of training, along with the opportunity for additional sessions in the evening for those looking for even more 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 **3-day international workshop**, there will be **two additional sessions**:

- **April 28:** a special lesson and dinner **reserved for Italian Team Leaders**
- **May 2nd:** a special **lesson reserved for all members** of the Chin Family I Liq Chuan Association (if you are not already a member, you may register on location at the 3-day workshop).

All lessons will be led in English by Grand Master SAM CHIN and his son HSIN with translation into Italian.

This Italian Kung Fu Experience is organized by **Arte Marziale della Consapevolezza – Zhong Xin Dao I Liq Chuan Italia** in alliance with the **UIKT – Unione Italiana Kung Fu Tradizionale**.





The topics that will be presented over the course of the 3-day workshop will include the following:

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

We recommend that you participate in the complete cycle of the 3-day workshop, but for those who cannot, there are also 2-day and 1-day options.

Each evening after dinner, there are optional evening training sessions (these are already included in the workshop package). In these sessions you will have the chance to continue your training experience and gain clarity from various instructors.

This workshop series will be held at the UIKT headquarters: **Il Tempio delle Arti Marziali in Via Di Marco Simone 251, in ROME.**

This Kung Fu Experience has been designed like a mini-retreat, with everyone living and training on location, sharing meals and after hours time. Accommodations include shared rooms and mini-apartments. For those attending the additional sessions on Thursday & Monday, you are welcome to book additional nights.

If you are interested in becoming a Certified Instructor of this unique family style of Kung Fu, the **Arte Marziale della Consapevolezza – Zhong Xin Dao I Liq Chuan Italia**, in alliance with the **UIKT – Unione Italiana Kung Fu Tradizionale**, is also offering three-year training course for prospective instructors. Please contact us for details.



Schedule

	<i>Thursday 28</i>	<i>Friday 29</i>	<i>Saturday 30</i>	<i>Sunday 1</i>	<i>Monday 2</i>
08:30 - 09:30		<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	
10:00 - 13:00		<i>Session 1</i>	<i>Session 3</i>	<i>Session 5</i>	<i>Session for members only</i>
13:00 - 14:00		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Sightseeing tour of Rome</i>
14:00 - 15:00	<i>Session for Italian Team Leaders only</i>				
15:00 - 18:00		<i>Session 2</i>	<i>Session 4</i>	<i>Session 6</i>	
19:30 - 20:30		<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	
21:00 - 23:00		<i>Optional evening workouts</i>	<i>Optional evening workouts</i>	<i>Optional evening workouts</i>	

The topics presented over the course of the 3-day workshop 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.

Costs and registration procedures

EARLY BOOKING BY MARCH 31st		RESERVATIONS FROM APRIL 1st AND ON SITE	
1 day	€ 130	1 day	€ 150
2 days	€ 230	2 days	€ 260
3 days (free T-shirt)	€ 300	3 days (free T-shirt)	€ 350
1 day for members with valid Passbook	€ 117	1 day for members with valid Passbook	€ 135
2 days for members with a valid Passbook	€ 207	2 days for members with a valid Passbook	€ 234
3 days for members with valid Passbook (free T-shirt)	€ 270	3 days for members with valid Passbook (free T-shirt)	€ 315

Within Europe, pre-payments may be made by bank transfer to:

- **SETTORE NAZIONALE KUNG FU OPES**
Banca Intesa San Paolo - Agency / Branch: Rome.
IBAN IT02L0306909606100000161244

Be sure include the annotation of ZXDILC along with your name:

- **ZXDILC NAME SURNAME** (example: ZXDILC John Smith)

Once the transfer has been made, send a copy via email to:

- **a.benedusi@iliqchuan.com**

The date of the transfer is valid as the date of the reservation.

Payments may also be made on-site when you arrive at the workshop.

For those traveling from outside of Europe, please contact Joshua Craig for payment details:

- **Joshua Craig**
E-mail: joshua.craig@iliqchuan.com
- Mobile phone: +1 917 626 8497

Information on the international seminar

For any other information please contact:

- **Alberto Benedusi**
E-mail: a.benedusi@iliqchuan.com
Mobile phone: +39 349 1226266
- **Pietro Nicolaus Roselli Lorenzini**
E-mail: pietro@scms.it
Mobile phone: +39 338 4862200

Information, costs and reservations for room and board

COSTS FOR 1 DAY	
<i>Shared room with breakfast</i>	€ 25
<i>Apartment with Kitchen with breakfast (max 4 people)</i>	€ 100
<i>Lunch or Supper (single meal)</i>	€ 15

Note: please indicate at the time of booking if you would like accommodation only, accomodation and with 2 meals per day, accomodation and with 1 meal per day.

Accomodation and meals are to be reserved directly with Agriturismo Marco Simone, located a few steps away from our training facility. Please contact Alessandro Blasi, the proprietor, for further information and reservations. He speaks both Italian and English.

- **Marco Simone farmhouse** - Via marco simone 251, 00131 Rome
website: <https://agriturismomarcosimone-com6.webnode.it/>
- **Alessandro Blasi**
Landline phone: 06 41400138 - Mobile phone: 339 4969272