

# Jiulong Baguazhang®

## White Cloud – Rolling Thunder

Gathering of The Circle

Intensive Training Camp June 9-13

Nevele Resort - Catskill Mountains - New York

### Three Fantastic Programs

**TRAINING #1** Learn the secrets of the Li family Bagua Flying Dragon Qigong for health and longevity.

**TRAINING #2** Explore the martial power of the Thunder Palm of Jiulong Baguazhang. Learn full body power methods for strikes, throws and locks against single or multiple opponent plus bare hand against weapons training with Bao Zhang Thunder Palm.

**TRAINING #3** Special program for all Nine Dragon Baguazhang instructors and instructor candidates each morning with Shifu Castaldo.

It is all part of this five day intensive workshop with Dr. John Painter and Shifu Robert Castaldo who will instruct you in practical methods for producing amazing health and self-defense abilities.

Come join us and train for five full days with our Study Group Leaders and teachers from around the world in the Li family Bagua Qigong, Meditation, Standing Postures, Circle Walking, Internal Power Exercises, Practical Applications and Push Hands.

Don't miss this opportunity to connect with the secrets of internal health, longevity and martial power, explained in a clear, concise manner. Enjoy fantastic accommodations, gourmet meals, clean mountain air, outside training at the mountain waterfall at the Nevele Resort.



九龍八卦掌抱掌



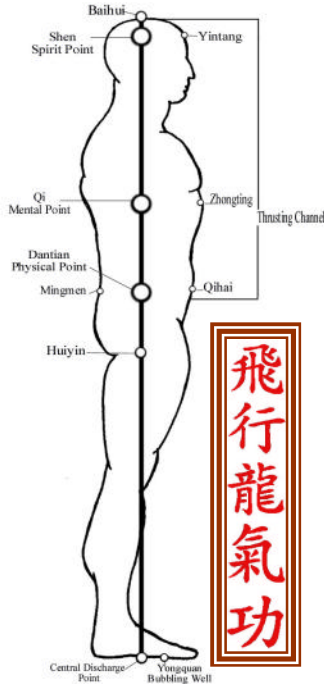
### Afternoon Sessions Focus on Rolling Thunder Palm Martial Baguazhang Tactics

- ☉ Bao-Zhang Qigong methods for health
- ☉ Bao-Zhang Rolling the Pearl with heaven palms nine postures
- ☉ Bao-Zhang Yi Xin Gong Training all Palm Positions
- ☉ Force vector visualizations for Bao Zhang palm
- ☉ Bao-Zhang Linear walking with Yi Xin Gong Jin
- ☉ Bao-Zhang Circular walking with all postures
- ☉ Two dragons push hands with Bao-Zhang
- ☉ Applications for defense and offence
- ☉ Strikes, Locks and Throws of Bao-Zhang

**Beginners  
Welcome**

# *Emei Flying Dragon Qigong®* *Opening The Qi Energy Centers*

## Morning Sessions Focus Flying Dragon Qigong®



Flying Dragon Qigong® exercise was created to stimulate the entire body, internal organs, nervous system, lymphatic system, cardiovascular system and Qi meridian system through physical actions coupled with mental visualizations while walking in a circle. Devised by the Li family, Flying Dragon Qigong creates a mind / body internal cleansing therapy.

Practicing this simple series of forms combined with mental visualizations will open the three mind / body energy centers paving the way for an increase of Qi flow through all meridian Qi channels. This practice will also calm the mind and induce a state of tranquility similar seated or standing meditation.

Many people have reported decreased stress levels, reduction in blood pressure and a dramatic improvement of stamina and overall health resulting from Flying Dragon Qigong practice. Flying Dragon is simple and easy to learn and can be practiced in very little space. It is truly an ancient exercise for modern stressful times.

No previous experience is necessary. It is like standing meditation while walking in circles.

Dr. John Painter, your instructor, is the heir to the Li family Qigong system. He holds a Ph.D. in Chinese Naturopathic medicine and has over 36 years of experience teaching the internal healing arts. Join him as he explains what Qi really is and how to truly practice Qigong in modern easy to understand terms.



**White Cloud – Rolling Thunder**  
To Register for Training or Information Contact  
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Registration  
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Email: [festival@taichifest.com](mailto:festival@taichifest.com)

*Special Instructors*  
*Morning Sessions Martial Bagua*  
*Training Programs*

*Beginners*  
*Welcome*

### Gathering of The Circle Training Camp Prices

Early-Bird pre-registration to 5/10/08 - \$370  
Pre-registration from 5/11/08– 5/25/08 - \$410  
Walk-in registration prices in effect beginning 5/26/08 - \$450