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# Dr. John Painter Workshops Festival 2009

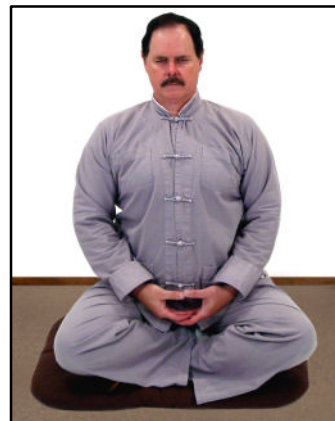
34th ANNUAL ZHANG SAN FENG FESTIVAL  
Thursday - Sunday, June 4 & 7, 2009

## Meditation For Martial Artists

### Dr. John Painter

Not all forms of meditation are appropriate for martial art training. In Meditation for Martial Artists Dr. Painter explains the way to use meditation to enhance the mind, internal energy and health through Li family Jingzuo (靜坐) Quiet Sitting. We will explore why many forms of mediation taught today actually inhibit your martial development, wasting valuable time in the pursuit of "will of the wisp" skills that are unnecessary and often potentially dangerous.

Quiet Sitting for Martial Artists explains specific martial breathing techniques, special mudras (hand forms) and ways to focus the mind for increased internal energy, speed and power for any martial art practice. Dr. Painter has studied meditation practices for over 40 years having received direct instruction from Daoist master Li, Long-dao and Tibetan Lama Trangu Rinpoche. If you are serious about your internal martial training do not miss this seminar.



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## Inner Secrets of Standing for Health and Power

### Dr. John Painter



If you think standing practice is boring or a waste of time you have not been shown the true inner secrets of Zhan Zhuang. Few people understand the true purpose of standing meditation. In this workshop Dr. Painter explains how standing becomes a dynamic mental and physical exercise that can produce amazing results for health and martial skills. True standing exercises are designed to increase skills learned in Quiet Sitting martial meditation. Through the practice of Li family Jing Zhan Zhuang (靜站) 樁 quiet standing at stake internal art practitioners learn to turn the mind into a powerful ally that can heal the body, enhance physical strength, improve speed for sports and much, much more. Dr. Painter will explain from a scientific perspective how and why this method is so powerful. No myth, no mystery, no magic just facts and methods that deliver what the promise. If you are serious about your internal martial training do not miss this seminar.

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## Dragon Dancing with Dao (Explore Li family Yi-Xin Gong)

### Dr. John Painter

In 1940 master Wang Xiangzhai the founder of Yiquan stated that the original abilities ascribed to the internal martial arts had all been lost and that today's martial arts training was in fact of little use for combat or health. Master Wang set out to restore the internal methods that had made Taijiquan, Baguazhang and Xingyiquan so effective. Most people think that his Yiquan is about standing exercise only in reality this is only one small part of training the internal. Master Li Zhang Lai of the Daoqiquan lineage created his own version of Yiquan today called Yi-Xin Gong. In this workshop Dr. John Painter will show you how to apply the mind to any martial art form to create internal power feeling in movement. Using mental sense memories you will be able perhaps for the first time to "feel the qi" as you move through your forms.



Programs for 2009 Zhan San Feng Festival.

Please check [www.taichifest.com](http://www.taichifest.com) for days and times.

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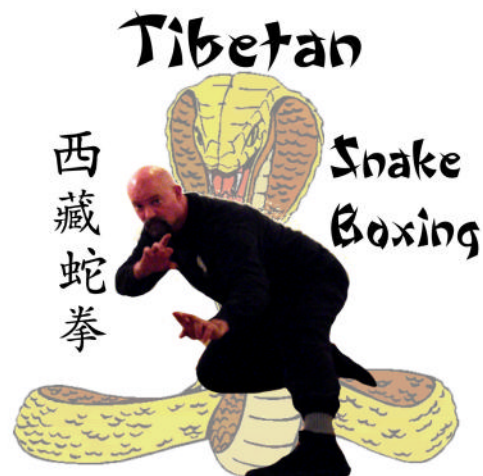
**Festival Workshops**  
**Shifu Robert Castaldo**  
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## **Xizang She Quan 西藏蛇拳** **Li Family Tibetan Snake Boxing**

Tibetan Snake Boxing is an Emei Boxing System of the Li family. This is a very unique and powerful self-defense method used while kneeling or lying on the ground. Unlike other ground fighting systems, Snake Boxing does not make use of submission holds preferring instead to attack and disable the opponent through breaking joints, disabling muscles and tendons, or paralyzing with knockout blows to pressure points

This basic, introductory workshop will include training in ground awareness skills and martial applications. Striking, kicking, and throwing, will be examined through practical takedowns and controls from the ground.

This is a great opportunity to train with Shifu Robert Castaldo of The Gompa Center one of the few instructors in the world qualified to teach this rare Daoqiquan system from the Li family of Sichuan province. Beginners through advanced students can all learn from this amazing system.



## **Xizang Canglu Quan 西藏蒼鷺拳** **Li Family Tibetan Blue Heron Boxing** With Shifu Robert Castaldo



Blue Heron Boxing is one of the oldest Daoqiquan martial arts brought to the Li family of Emei Mountain from Tibet by Lama Zurdwang Rinpoche. Unlike the Chinese Crane system, which embodies the Shaolin concepts and techniques, Blue Heron Boxing is based on unique and highly effective concepts of Daoqiquan. The techniques, movements, strikes and blocks of this style of martial art appear soft and gentle, but are in effect surgically precise and devastatingly effective.

This workshop will build upon the skills explored in our program last year; however, this is all new material and no previous experience is required to enjoy this stand alone program.

Don't miss this opportunity to train with Shifu Robert Castaldo of The Gompa Center one of the few instructors in the world qualified to teach this rare Daoqiquan system from the Li family of Sichuan province. Beginners through advanced students can all learn from this amazing system.