



Leung Martial Arts

presents

Master George Xu

Master Xu began studying martial arts in 1966 in Shanghai, China. A dedicated martial artist, Master Xu specializes in Chen style Tai Chi, Hsing Yi, and Lan Shou. He has distinguished himself in tournaments in the U.S. and China as a **gold medalist**. The International Kung Fu Federation awarded him with the **World Cup Championship in 1987**. He is the author of over fifty articles for U.S. and foreign publications and has written two books, one on Hsing Yi and the other on Lan Shou.

Currently living and teaching in San Francisco, Master Xu spends much of his time as a **featured instructor at workshops and camps throughout North America and Europe**. Master Xu often says that there is no end to learning. His own practice and study, along with his eagerness to share his knowledge, makes him one of the most exciting and respected teachers in martial arts today.

All sessions are open to both beginning and advanced students. There will be assistants available to assist new students of the arts.

Hsing Yi

Friday October 27th

6:30pm-9:30pm

Focus will be on this unique style of Hsing-Yi, based on animal forms, from Hunan Province. Line drills and a new form will be taught. The previously learned form will be reviewed.

Tendon Changing Qi Gong from the Shaolin system/Hsing Yi Qi Gong

Saturday October 28th

9:00am-12:00pm

This Tendon Changing QiGong set was practiced in the Shaolin system for decades. It is reputed to make the body more flexible.

Push Hands/Sparing using internal art

Saturday October 28th

2:00pm-5:00pm

Master George will teach energy testing and sparing using internal art.

Bagua

Saturday October 28th

6:30pm-9:30pm

Bagua is an internal system that emphasizes the use of evasive footwork, turning and spiraling of the body, deceptive strategies, while maintaining whole body and mind harmony. This class will emphasize basic circular footwork and striking techniques.

Lan Shou Double Hook Swords Part 1

Sunday October 29th

9:00am-12:00pm

This is a rare weapon form from the Lan Shou System. Double hook swords is a very unique with multiple cutting edge. Fun form to learn. Part I is a repeat of last year's workshop.

Lan Shou Double Hook Swords Part 2

Sunday October 29th

2:00pm-5:00pm

Part 2 is a continuation from last year workshop.

Cost: Workshops are \$50 for the first session and \$45 for subsequent sessions. Discounts are available for studio members.

Location: Leung Martial Arts
1331 W 7th Eugene, OR 97402

For more information: Please call Liana Leung at (541) 683-8511 or e-mail us at leung_taichi_kungfu@yahoo.com.
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