

Bozeman Chinese Martial Arts presents Internal Martial Arts Workshop: Traditional Chinese Sword and Push Hands with Scott M. Rodell

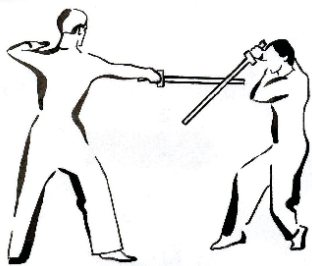
August 19th - 21st, 2011 Bozeman, MT



Come join us for a weekend of intensive training in Chinese internal martial arts. This workshop will cover two areas of practice that bring a sense of practical realism and deeper understanding to form and solo practice.

Two push hands sessions will cover the fundamentals of push hands techniques, strategies, body structure and development of fajing (release of energy). Push hands training is fundamental to understanding physical concepts in tai chi chuan, gaining true sensitivity and bringing the form to life. There will be a beginner level session for those looking to add push hands to their Tai Chi practice, and an advanced session for those with some experience already. Mr. Rodell has competed in and won push hands competitions at the national and international level, and brings a wealth of experience to the teaching.

There will be two sword sessions this year. The first will refine drills and techniques and include partner work to reinforce the drills. This session will break into beginning and advanced groups. The second session will focus on freeplay and tournament skills, and will require protective gear. There will also be a sword cutting session for those interested. These skills are an invaluable tool in understanding the use and proper application of the jian (straight sword). While those who have previously studied a tai chi jian form will find the techniques presented most familiar, practitioners of all styles of Asian and European swordsmanship are welcome, regardless of background or skill level.



Scott M. Rodell is the director of the Great River Taoist Center (www.grtc.org) in Washington, DC and is an internationally recognized instructor of Historical Chinese Swordsmanship. Mr. Rodell has studied with several senior students of Zheng Manqing, including noted masters William C.C. Chen & T.T. Liang. Mr. Rodell is also a disciple student of Master Wang Yennien of Shanxi province, with whom he studied all aspects of Yang family Michuan (Secret Teaching) Taijiquan. Mr. Rodell is the author of "Taiji Notebook for Martial Artists" and "Chinese Swordsmanship: The Yang Family Taiji Jian Tradition" and others.

The workshop will be held at Legends Park in Bozeman (Friday), and the Martial Arts Center, Inc. (Sat-Sun) at 210 S. Wallace, Bozeman, MT. Fees for this workshop are: Beginning Push Hands-\$35, Sword-\$100, Sword cutting-\$35, Advanced Push Hands-\$50, Tournament sword-\$50, Entire workshop-\$240. Eye protection is mandatory for sword partner work (racket ball goggles or equivalent) and a sturdy wooden sword is recommended. There will be a few available for use during the seminar. For more information, contact Michael Wiseman at: (406) 581-4473: mwiseman@wisearchitect.com: www.bozemancma.com