

**In Motion Center
Masters in Residence Series
Grandmaster Sam F. S. Chin
Zhong Xin Dao – I Liq Chuan
Nov. 30 – Dec. 4, 2023 Seminars**



Nov. 30 Thursday 12 noon - 5 pm	The Process of ‘Zhong Xin Dao’ Cultivating the Neutral Path The Clarity of Pivoting on The Point of Contact	\$ 85
Nov. 30 Thursday 7 pm - 9:30 pm	Fullness from Center Point to Circumference with Compression	\$ 65
Dec. 1 Friday 12 noon - 5 pm	Vertical & Horizontal Opening & Closing Using 2 Energies to Hold a Plane	\$ 65
Dec. 1 Friday 7 pm - 9:30 pm	The Cross as the Intersection of The Three Dimensions With the Three Engagements	\$ 65
Dec. 4 Monday 12 noon - 5 pm	Separating the Cross with Rotation The Continuity of Aligning the Centers	\$ 85
Dec. 2 Saturday 9:30 am - 11:30 am	ILC Members Grading	
Dec. 2 Saturday 12:30 pm - 7:30 pm	Refining the Spinning & Sticky Hands Process Training the Upper and Lower Hand How to Listen – How to Feed in order Develop The Offense & Defense Points with Concave & Convex - Empty & Full	
Dec. 3 Sunday 10:30 am - 6:00 pm	Weekend Seminar	\$ 235 One Day \$ 125

You can pay with a check through the mail, or by Credit Card over the phone, or by Venmo or Paypal

Please first fill out the registration form and email it back if you are Paying with options other than check.

To register and arrange your payment call 510-261-4570 or email blangan@stillnessinmotion.com

Seminar Locations: Weekday and Evening Seminars and Saturday Morning Grading

In Motion Center 1091 Calcot Place Suite 412 Oakland, CA 94606

Weekend Seminar Alameda Aikikai 2429 Clement Ave. Alameda, CA 94501

Your Name and (ILC Member Number if applicable)

Email _____

Your I Liq Chuan Instructor _____

Your Student Level _____ Instructor Level _____

Day & Evening Seminars held at In Motion Center

Please determine and write in your Discounted Tuition from Page 2

\$_____ Nov. 30 Thursday 12 noon - 5 pm The Process of 'Zhong Xin Dao' Cultivating the Neutral Path

\$_____ Nov. 30 Thursday 7 pm - 9:30 pm Fullness from Center Point to Circumference with Compression

\$_____ Dec. 1 Friday 12 noon - 5 pm Vertical & Horizontal Opening & Closing

\$_____ Dec. 1 Friday 7 pm - 9:30 pm The Cross as the Intersection of The Three Dimensions

\$_____ Dec. 4 Monday 12 noon - 5 pm Separating the Cross with Rotation

ILC Members Grading

Dec. 3 Saturday 9:30 am – 11:30 am

You will need to Inform your Instructor you are testing – get Instructor approval and Pay Your Testing fee online at www.iliqchuan.com.

All Grading will be in Full ILC Uniform with Sash - No Exceptions

Weekend Seminar held at Alameda Aiki Kai

\$ _____ Dec. 2 Saturday Spinning & Sticky Hands 12:30 am - 7:30 pm

Both Days _____

Dec. 3 Sunday Sticky Hands 10:30 am - 6:00 pm

One Day _____

\$ _____ Total

The Following Discounts PAID BY 11.21.2023 will apply to people registering for the entire December 2023 I Liq Chuan Intensive

Participant non - ILC Member \$ 595

ILC Member Student \$ 545

ILC Member Student Level III and above \$ 510

ILC Instructor Level I \$ 485

ILC Instructor Level II and above \$ 435

Registration is made through your payment for the seminars.

All registration is on a first come first serve basis;
must be made and paid for in full in advance
to qualify for the discounted rates.

Weekday and Evening Workshop Tuition \$235

Discounts for ILC Members

Thursday, Friday and Monday Daytime Workshop Tuition \$ 85

Active ILC Members: \$ 80 - Students Level 3 & above: \$ 75

Certified I Liq Chuan Instructors - Level 1: \$ 70 - Level 2: \$ 65 - Level 3: \$ 60

Thursday and Friday Evening Workshop Tuition \$ 65

Active ILC Members: \$ 60 - Students Level 3 & above: \$ 55

Certified I Liq Chuan Instructors - Level 1: \$ 50 - Level 2: \$ 45 - Level 3: \$ 40

Weekend Workshop Tuition \$235

Discounts for ILC Members

Active ILC Members: \$215 - Students Level 3 & above: \$ 205

Certified I Liq Chuan Instructors - Level 1: \$195 - Level 2: \$185 - Level 3: \$175

PAID BY 11.21.2023 \$ 235 for 2 Days, \$125 1 Day AFTER 11.21.2023 \$ 250 2 Days, \$ 150 1 Day

To Register Contact Bernard Langan email: blangan@stillnessinmotion.com phone: (510)-261-4570