

**In Motion Center  
Masters in Residence Series  
Grandmaster Sam F. S. Chin  
Zhong Xin Dao – I Liq Chuan  
December 5 - 9, 2024 Seminars**



<b>Dec. 5 Thursday 12 noon - 5 pm</b>	<b>The Process of ‘Zhong Xin Dao’ Seeing The Cross as Reference Clarity and Unification on Point of Contact</b>	<b>\$ 85</b>
<b>Dec. 5 Thursday 7 pm - 9:30 pm</b>	<b>Cross as the Intersection of Three Dimensions Pulling &amp; Pushing the Line</b>	<b>\$ 65</b>
<b>Dec. 6 Friday 12 noon - 5 pm</b>	<b>Pivoting with Rotation Recognizing the The Half Line Double Open - Double Close Balancing 45 &amp; 90 with Equal Pressure</b>	<b>\$ 85</b>
<b>Dec. 6 Friday 7 pm - 9:30 pm</b>	<b>The Quality of Fullness Four Quarters with the Meeting Point Meeting with Center and Circumference</b>	<b>\$ 65</b>
<b>Dec. 9 Monday 12 noon - 5 pm</b>	<b>Chin Na - A Flowing Process The Fulcrum Point of Attention Observing the Nature of the Joints Seizing &amp; Locking the Balance &amp; Structure</b>	<b>\$ 85</b>
<b>Dec. 7 &amp; 8 Saturday &amp; Sunday</b>	<b>Weekend Seminar</b>	
<b>10 am - 6 pm</b>	<b>Refining the Spinning &amp; Sticky Hands Process Training the Upper and Lower Hand How to Listen – How to Feed in order Develop The Offense &amp; Defense Points with Concave &amp; Convex - Empty &amp; Full</b>	

**Weekend Seminar Both Days    \$ 235            One Day \$ 125**

You can pay with a Check through the mail, a Credit Card over the phone, or by Zelle, 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](mailto:blangan@stillnessinmotion.com)

**Seminar Locations: Weekday, Evening Seminars & Grading**

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

**Weekend Seminar Aikido Institute 5515 Doyle Street Unit 2 Emeryville, CA 94608**

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

\$\_\_\_\_\_ Dec. 5 Thursday 12 noon - 5 pm The Process of 'Zhong Xin Dao'  
Seeing the Cross as Reference

\$\_\_\_\_\_ Dec. 5 Thursday 7 pm - 9:30 pm Intersection of 3 Dimensions  
Pushing and Pulling the Line

\$\_\_\_\_\_ Dec. 6 Friday 12 noon - 5 pm Pivoting with Rotation  
Recognizing the Half Line

\$\_\_\_\_\_ Dec. 6 Friday 7 pm - 9:30 pm Four Quarters with  
The Meeting Point

\$\_\_\_\_\_ Dec. 9 Monday 12 noon - 5 pm Chin Na – A Flowing Process

**ILC Members Grading**

Members Grading will be at 10:30 am to 12 noon on Monday Dec. 9th

You will need to Inform your Instructor you are testing – get Instructor approval and Pay Your Testing fee online at [www.iliqchuan.com](http://www.iliqchuan.com).

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

**Weekend Seminar held at Alameda Aiki Kai**

\$ \_\_\_\_\_ Dec. 8 Saturday Spinning & Sticky Hands 10:30 am – 6:00 pm

Both Days \_\_\_\_\_

Dec. 9 Sunday Spinning & Sticky Hands 10:30 am - 6:00 pm

One Day \_\_\_\_\_

\$ \_\_\_\_\_ Total

**The Following Discounts PAID BY 11.24.2024 will apply to people registering for the entire December 2024 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**

**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 11.24.2024 \$ 235 for 2 Days, \$125 1 Day AFTER 11.24.2024 \$ 250 2 Days, \$ 150 1 Day**

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