Pushing hands trains you to develop a sensitive feeling, or “Listening Jin” to sense to your opponent’s intention, understand their Jin (power), neutralize it, and then counterattack.

This 3-hour workshop will cover:
- Centering
- Uprooting
- Martial Application.

Learn how to improve your awareness of your center of balance and of your partner’s, how to use softness to overcome hardness and how to maintain one’s balance.

Tuesday, March 25
6 - 9 pm
Some Taiji experience required.

Chin Na (seize & control) is the study of how to control your opponent using joint locks to limit the opponent’s mobility. It attacks acupuncture cavities and other sensitive parts of the body with strikes, grabs, pressure and other techniques.

Prior martial arts experience is a plus but not required!

Friday, March 28
6 - 9 pm
Spaces are limited!

This will be a MULTI-LEVEL workshop.

For info about Dr. Yang, visit www.YangsAndover.com