

# Feeding Crane Seminar With Liu Chang'I

## October 1 & 2, 2016, Boston, MA



### **Liu Chang'I**

Liu sifu is the lineage head of the Liu family Feeding Crane system (Shi He Quan), from Taiwan. Feeding Crane was brought to Taiwan in the early part of the 20<sup>th</sup> century, from Fuchow, China. The system has been passed down unchanged in the Liu family, and contains a complete traditional curriculum, including power development (kung'li), forms, application, chi'gung, and body conditioning, as well as herbal medicine and other practices. Liu sifu's power is amazing, and his technique is superb. His system is also interesting due to its relationship to Bai He and other southern Chinese chuan'fa like Wing Chun. Its relationship to Okinawan karate, in particular Goju and Uechi Ryu, is also obvious in the movement and application.

If you would like to see Liu sifu in action there are a number of videos of him on YouTube. His website is also very informative, though it is in Chinese. There is an interview with Liu sifu here: <http://www.dragon-tsunami.org/Dtimes/Pages/article36.htm> .

### **SEMINAR FOCUS**

This seminar covers some of the power development exercises (jibeigong) that give the Feeding Crane system its incredible power, as well as body conditioning methods and sensitivity training methods. It will cover both introductory material and build on information from previous training for more advanced practitioners. Introductory forms and applications of the forms, as well as other training practices, will also be taught. These training methods will be of great interest to Okinawan karate practitioners as well as practitioners of traditional Chinese martial arts.

### **SCHEDULE**

#### **Saturday October 1**

9:30 am– 10:00 am	Sign in, warm up
10:00 am– 12:00 pm	Feeding Crane practice
12:00 pm– 1:00 pm	Lunch
1:00 pm – 3:30 pm	Feeding Crane practice
3:30 pm – 4:00 pm	Questions

#### **Sunday October 25**

9:30 am – 10:00 am	Sign in, warm up
10:00 am– 12:00 pm	Feeding Crane practice, building on material from Day 1
12:00 pm – 12:30 pm	Break, questions
12:30 pm – 2:30 pm	Feeding Crane practice, building on material from Day 1
2:30 pm - 3:00 pm	Questions, photos

Please dress in work out clothes- gi pants, sweat pants or shorts and a t shirt.

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## LOCATION

The seminar will be held at 151 Mount Auburn St, Watertown, MA. The training space is large, open, and has changing rooms and facilities.

## COST

Two days of seminar: \$185.00

One day of seminar: \$125.00

To register, print this form, fill in the required information, and enclose it along with a check or money order made out to Fred Lohse and mail to:

Fred Lohse  
56 Monument St  
Medford, MA 02155

You may also contact Fred Lohse to register via email or phone. Participation is limited to 40 people so please register early.

If you have any questions about the seminar please email Fred Lohse at: [fwliiii@verizon.net](mailto:fwliiii@verizon.net), or telephone at: 781-801-6492.

## Feeding Crane Seminar with Liu Chang'I - Registration Form

### I will attend (check one):

One Day (circle day you will attend):                      Saturday / Sunday                      Both days \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Contact:

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

I \_\_\_\_\_ submit my application for participation in the above named seminar with Liu Chang'I on individual or consecutive dates from October 1 & 2, 2016. I understand that there are risks of injury in participating in this seminar. I claim full responsibility for myself in this event. I hereby waive and release any and all claims, cause of action, losses, damages, cost, expenses, either known, now existing or arising in the future, that I may have of whatever kind or nature against Liu Chang'I, Fred Lohse, Kodokan Boston, seminar organizer or director and/or anyone involved in any way with the seminar.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian if under 18 years of age)