

# 形意拳五行連環拳

## XÍNGYÌQUÁN WŪXÍNG LIÁNHUÁN QUÁN

### Mind Intent Fist - 5 Elements Linking Fist

A two-day workshop with Sifu Emily Walle will be offered on Saturdays: October 21<sup>st</sup> and 28<sup>th</sup> from 8:45-10am.



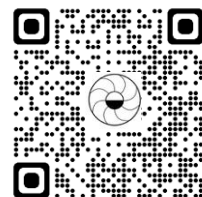
Bring a partner or come alone and learn Master Wong's 24 movement Xíngyìquán Wŭxíng Liánhuán Quán [Mind Intent Five Elements Linking Fist]. This workshop will combine 5 Elements theory, form, and include combination techniques. All levels are able to learn this unique arrangement.

Xingyiquan is famously recognized as one of the "Internal" styles and is characterized by its simple, clear directness in movement. It contains softness within the hardness and when combined, "one can fight in many ways".

Sifu Emily Walle will be teaching this workshop. She began her study of the traditional Chinese martial arts in 1991 and became a disciple of Master Wong within the Wu Tang Kwong lineage in 2000.

**Dates:** Saturdays - October 21<sup>st</sup> & 28<sup>th</sup>  
**8:30-10am (Alaska Time)**  
Available in person or on Zoom  
**Cost: \$75 General Admission**  
\$50 for 17 and under; \$45 for Seniors

# 武壇



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