

YMAA Western Mass is Pleased to Welcome Jonathan Chang and Quentin Lopes to Northampton for Two Seminars on July 13th

**Don't miss this rare opportunity
to study with Jonathan and
Quentin, who are coming east
for their summer break from
the YMAA Retreat Center in
California**



Jonathan works with
attendees to 2016 seminar



YMAA Training: Silk Reeling and Form Updates from the Retreat Center

Jonathan and Quentin will review core YMAA material to update YMAA members to curriculum as it is being taught by Dr. Yang at the retreat center. Topics Include:

1. Tai Chi Fighting Set
2. Yang Style Form Review
3. Silk Reeling Practice –Solo and Partner

Date: Thursday, July 13th
Time: 4:00pm – 6:00 pm

Cost: \$25 for YMAA Members (\$45 for both seminars)

Open Training: Tai Chi (And Shaolin) Staff

The staff is an essential part of Chinese Martial Training. Students can expect to learn basic body structure, and a handful of solo and partner drills to help deepen their understanding of the weapon. This workshop will introduce basics for longt weapons and will cover fundamental skills for both Shaolin and Taiji staff training.

Date: Thursday, July 13th
Time: 7:00pm – 9:30pm

Cost: \$25 for YMAA Members/\$39 for All Others (ask about group discounts)

Venue: YMAA Western Mass Facility, located at Pine Forest Karate, 221 Pine Street, Florence, MA 01062 (See www.ymaawesternmass.com for directions)

Contact: Jeff via email: ymaawesternmass@aol.com

[Preregistration is required as space is limited – Just send an email to guarantee your spot](#)