



INTERNATIONALLY KNOWN HEALING AND MARTIAL ARTS

INSTRUCTOR BERNARD LANGAN

SILAT WORKSHOP
April 28, 2007 (Saturday)

12:00—5:00
(45 minute afternoon break)
\$99 per person

HEALING ARTS WORKSHOP
April 29, 2007 (Sunday)

11:00—2:00
\$75 per person

About the instructor:

- Bernard's related cross training includes: Chinese Bodywork (Tui Na), 5 Element Diagnostic Theory, Visceral Manipulation, Myofascial Release, Taoist and Zen Meditation, Taoist Yoga, I-Chuan, Mindanao Silat Asli, Kosho Shorei Ryu Kempo, Eight Drunken Immortals Kung Fu, Aikido, Pangai Noon/Uechi-Ryu Karate (Black Belt), Wing Chun, Southern Praying Mantis, Tibetan Lung Ta, Western and Thai Boxing, Kuntao, Dumog, Moro-Moro, Sikaran, Kalari Payattu, Modern Dance, Gurdjieff Movements, Shamanism, and Chinese Tea Ceremony. He is a graduate of St. John's College, Annapolis, Maryland with a degree in Philosophy
- Hadji Yasser Tanadjalan of the Moro Yakan Tribe in Basilan, Mindanao, Philippines; Bruce Juchnik, Hanshi of Kosho Shorei Ryu; and Chinese Internal Arts Masters - Wang Hao Da, Cai Sai Fang and Fong Ha. He has been a private student of Maestro Sonny Umpad in the Philippine art of Visayan Eskrima since 1997. He is a Lineage Murid (student) and Pembantu Guru (Instructor) under Maha Guru "Pak" Victor de Thouars in the Indonesian art of Pentjak Silat Sera-Serak.

.SeminaTopics- Pentjak Silat: The founder/creator of this formidable system was nicknamed "Pak Sera," and had the unique attributes of one arm ending at the elbow, and a clubbed foot. Versed in 9 different arts, 3 Chinese, 3 Indian, and 3 Indonesian, he created a system with a technical base tuned to his unique physiology that allowed him, and later his students, to effectively counter the dominant combatives of the region. The result was a system that allowed for maximal effectiveness with minimal athleticism. Serak® was formulated in the early 1800's in West Java, and was selectively taught to Dutch Indonesian people of privilege prior to WWII.

Filipino fighting systems: martial arts from the central and southern islands of the Philippines. The system is a complete martial art which emphasizes weapon manipulation, usage and control. The system has a unique and graceful character utilizing three distinct fighting ranges and high, middle, and low postures expressed spontaneously in response to varying combative circumstances. Many of the flowing movements resemble Philippine and Balinese dance, Yet remains a devastatingly effective fighting system. The system includes a complete arsenal of multiple strikes, kicks, joint locks, throws, grappling, and nerve point attacks. Traditionally this art was only taught to students who were carefully screened regarding their level of maturity, persistence, and humility.

- Learn to transform and grow your muscles, tendons, connective tissue, joints, fascia, nerves, blood vessels, ligaments, and skeletal structure.
- Learn movements for increasing by a factor of ten both the strength output of your tendons and muscles, and the effect of your body weight.
- Learn to focus on specific points in your skeletal structure to achieve power without effort, and how to apply this knowledge in martial arts practice and everyday life.
- Learn to recover from and prevent injuries, and reinforce your body's natural defense to illness.
- Learn how the specific order of these exercises relates to the development of your nervous system, and how to train so there is virtually no limit on the improvement that you can achieve in your practice.
- Learn what is necessary in order for the brain to incorporate new movement skills.
- Learn a Chi Gung self massage set that you can use as a warm-up for any martial arts practice, exercise routine, yoga, athletic activity, or before meditation.
- Learn the important difference between stretching a muscle and tendon and growing and lengthening a muscle and tendon, and how to apply this knowledge.
- Learn methods of increasing your bone density throughout your entire life.
- Learn where internal life force energy is stored in your body and how to safely regain and build this energy.
- Learn how to locate, access and control your body's energy pathways
- Learn breathing exercises for stamina, mental clarity and longevity.
- Learn to use body alignment as a path to stress reduction, emotional awareness, pain relief, and an enhanced self image.

Develop a simple,
profound practice
for health and
internal power.

"Take advantage of this
opportunity to learn
from an internationally
known expert!"



Bernard has created a comprehensive series of best selling instructional Chi Gung courses on DVD. Available from:

In Motion Center
813 San Pablo Blvd.
Albany, CA 94706
510-528-9560
<http://www.stillnessinmotion.com>