

# SHI TONGBEI QUAN W/ STRIDER CLARK

AN INTRODUCTION TO TONGBEIQUAN HOSTED BY THE YOSEIKAN KARATE DOJO WITH THE YIN CHENG GONG FA ASSOCIATION

## LOCATION, DATE AND TIME

### LOCATION

Yoseikan Karate Dojo —  
Marshall Twp Muncipal Building  
525 Pleasant Hill Road  
Wexford, Pennsylvania 15090

### SATURDAY, JULY 21, 2018

Session 1: 9:00 a.m. – 12:00 p.m.  
Session 2: 1:00 p.m. – 4:00 p.m.

### SUNDAY, JULY 22, 2018

Session 3: 9:00 a.m. – 12:00 p.m.  
Session 4: 1:00 p.m. – 4:00 p.m.

(Room will be open at 8:30 and will close at 4:15)

## COST

### TRAINING FEES

**\$60.00** — Single Session  
**\$100.00** — Full Day (2 sessions)  
**\$175.00** — Entire Seminar (4 sessions)

*Please send your registration forms in before **July 13th**.*

## ABOUT TONGBEI

Tongbeiquan is known as one of the “Liu Da Men” — the six big gates (or styles) of Northern China. This style, although well known by name, is rarely seen, even in China. The style is famous for its fighting skills throughout history. There are many sub-styles of Tongbei. Here, Shi family Baiyuan Tongbei of Beijing will be explored with one of the leading practitioners of the style.

Shi style was made famous in Beijing by masters like Li Zhendong and Li Shusen. This style is unlike other systems in Tongbei with powerful internal components, a specialized form of iron palm, and a unique fighting and training system for its techniques.

## ABOUT STRIDER

Strider Clark began his training in Chinese martial arts under Master *Zhang Yun* in 1989. He traveled to China in 1993 and trained directly with the famous master *Wang Peisheng*. He trained under *Wang* in Wu-style Taiji; Cheng, Liu and Yin Bagua; and Shi style and Ruyi Tongbei. He studied Tongbei directly under his Gong-fu Uncles: *Gu Yun* and *Zhao Zeren*, (both disciples of *Li Shusen*).

He is President of International Baiyuan Tongbei Association, Vice President of Yin Cheng Gong Fa North America, and a member of northern Wu-style Taijiquan association of Beijing.

## EXPERIENCE

**Defensive Tactics Instructor:** The Nevada Penitentiary System, and Lakes Crossing Center, Maximum Security Psychiatric Facility for Mentally Disordered Offenders

**Professional Fighter:** Warriors Challenge

**Personal Security:** Celebrities, high-profile individuals

## TOPICS COVERED

### INTRODUCTION TO TONGBEIQUAN:

- Basic training skills of relaxing the arms and shoulders and connecting through the back exercises.
- 6 Primary fighting skills, characteristics of the style.
- The classification of skills: hard and heavy, fast hand skills, disruption and displacement skills, and locks and throws.
- Combination skills: principles of creating combos how to transition and combine skills from fast hand to hard and heavy etc.
- How to achieve disruption and displacement
- Iron palm training, bag and target striking. Vital point attacks.
- Two man drills and how to practice fighting skills with a partner.

REGISTRATION FORM:

# SHI TONGBEI QUAN W/ STRIDER CLARK

HOSTED BY THE YOSEIKAN KARATE DOJO WITH THE YIN CHENG GONG FA ASSOCIATION NORTH AMERICAN HQ

## PARTICIPANT INFORMATION

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ EMAIL \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ EMERGENCY PHONE NUMBER \_\_\_\_\_

PLEASE PRINT CLEARLY

INCLUDE AREA CODE

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- \_\_\_\_\_ \$60 1 SESSION
- \_\_\_\_\_ 110 2 SESSIONS
- \_\_\_\_\_ 150 3 SESSIONS
- \_\_\_\_\_ 175 FULL SEMINAR



\$ \_\_\_\_\_ TOTAL ENCLOSED

## LIABILITY & FILM RELEASE (READ CAREFULLY BEFORE SIGNING)

For participation in this event, I acknowledge by my signature below that I do not have any injuries, medical condition or conditions that would exclude me from participating in this event. I am well, in good health and fit enough to participate in all training. Therefore, I (and my parents or legal guardians if I am under 18 years of age) do hereby release the Yoseikan Karate Dojo, the Yin Cheng Gong Fa, Strider Clark, Terry Valentino, the Koshin-ha Chito-ryu Karate-do Association, its teachers, its officers, members, servants, agents, guest instructors and/or sponsors, the Shibu (Branch) Dojo of the Association, its teachers, its officers, members, servants, agents, guest instructors and/or sponsors from any and all claims, actions, demands, damages, or suits of any kind or any nature whatsoever, which I or we may ever hereafter have or obtain by reason of any injury, mishap, accident or damages, or consequences thereof, which may hereafter occur to me or them as a result of my being a participant, spectator or teacher in this event. I furthermore agree, by my signature below, to allow any video, filming or pictures taken of me (or my child if I am signing for my minor child) during this event to become the property of the event promoter and/or the Koshin-ha Chito-ryu Karate-do Association to be used by them as they see fit which included but is not limited to being commercially released.

PARTICIPANT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

REQUIRED IF PARTICIPANT IS UNDER 18

**MAIL THIS SIGNED FORM + FEES (CHECK MADE OUT TO TERRY VALENTINO) BEFORE JULY 13TH TO:**

Terry Valentino; 205 Elgins Court; Evans City, PA 16033