



The Art of Effortless Power



Your actions are not your own but follow the way of the environment. You do not try, but step here or there and let the outcome occur.

Tui Shou Workshop: 31TH January 2009

13:00 – 18:00 hours

Tokei – London

Instructor:

Kevin Magee – Degree 4

- Techniques, strategies and light free-play in the throwing and uprooting art of Cheng Hsin
- How to stay completely relaxed yet be effective

Wear loose clothing

Cost: £25

www.chenghsin.co.uk