



2004 Baiyuan Tongbei Quan Seminar

March 6-7 in New York City

Harlem Healing Arts Wellness Center is proud to present
the 1st Traditional Baiyuan Tongbei Quan Seminar in New York City
by Zhang Yun and Strider Clark.

Tongbei Quan, translated as "Connected Back Boxing", is one of the well-known Northern Kung Fu systems. TBQ is characterized by its practical and fierce fighting techniques which can be developed in a short amount of time. Solo skills training is emphasized in the traditional practice of TBQ. Practitioners develop their ability to fight through controlled semi-full contact partner drills. Baiyuan (white ape) Tongbei Quan is one of the most famous but secret branches of TBQ. BYTBQ has a great reputation but, since it's a conservative system, its traditional practice and teaching is rare to find, even in China. *For more information, please read the Article "An Exposition On Northern China's White Ape Tongbei Boxing Systems" on Feb, 2004 issue of JAMA, or check the website www.tongbei.homestead.com.*



Master Zhang Yun, an internal martial arts master from China, has over 30 years of experience learning and teaching martial arts in China and the United States. He is an indoor student of Grandmaster Wang Pei Sheng who is famous for his real fighting skills in all of China. For more information about him and his group, please check his website on geocities.com/ycgf



Sifu Strider Clark is Zhang Sifu's 1st American Disciple. Master Zhang has passed his Tongbei quan knowledge and skills to him since 1989. Sifu Clark is also a master of Hsing I, Bagua, Taiji, and other martial arts systems. He has also dedicated time in Beijing to study under his Grandmaster Wang Pei Sheng. Now he is the President and Instructor of International Baiyuan Tongbei Quan Association. (www.tongbei.homestead.com)

"I have practiced traditional Northern Kung Fu since I was twelve years old. I can't believe how effective and powerful the BYTB system can be. Many martial arts take a long time to practice before it becomes effective, however BYTB can be learned and applied in a short time. BYTB has increased my ability to relax my upper body to generate enormous amounts of power, without losing a rooted internal fighting stance."

---Sifu Clayton Shiu, Director of Harlem Healing Arts Center

The Seminar consists of two days:

- The first day is basic principle and skills
- The second day is fighting principle and skills.

Harlem Healing Arts Wellness Center is the first alternative medical wellness center in Harlem, New York. The Center is home to **Zhi Xing (Will to Succeed) School of Northern Kung Fu**. HHAWC goal is to offer the community of New York quality traditional martial arts seminars. The Center is excited to have its 1st seminar be Baiyuan Tongbei Quan.

Time: March 6-7 9am-5pm both days with a 1 hour lunch break

Location: Harlem Healing Arts Wellness Center
18 east 116th st. Buzzer #12
NY, NY 10029

Cost: \$95 for one day or \$180 for both days if participant pre-registers before March 1, 2004. After March 1, 2004 the fee is \$100 per day. 80% refund if participant cancels before March 4, 2004.

Contact: To register or for more information about the seminar, please contact Clayton Shiu at (212) 828-5200 or Email: clayton@nshaolin.com