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Push Hands and Qinna (Chin-Na) Seminar in Baltimore - Annapolis Area, April 20

Push Hands and Qinna workshop in Maryland by Master Willy Lin. Qinna (Chin-Na) is the Chinese martial art of joint locking.

/24-7PressRelease/ - ARNOLD, MD, April 10, 2008 - Jing Ying Institute is pleased to announce Master Willy Lin (<http://www.linkungfu.com/>) will be coming to the Annapolis area on Sunday, April 20 for two special workshops. Master Lin was the first person to bring T'ien Shan P'ai Kung Fu to the US and he is an expert in QinNa (Chin Na) and Push Hands. These are both skills at the heart of Tai Chi and also skills with very practical self-defense applications.

If you are a student of tai chi, these workshops will help take your practice to a higher level. Many of the applications hidden in the movements of forms practice are based on Qinna. Gaining an understanding of these qinna techniques will give you useful skills you can apply immediately and will help you identify other applications that may be "hidden" in your forms. The push hands practice will help you improve your balance, stability, footwork and posture while demonstrating the importance of these attributes.

For kung fu students, other martial artists, or anyone interested in self-defense, these workshops will be invaluable for giving you practical techniques you can apply in a variety of situations and for learning principles that will help improve your skill as a martial artist no matter what style you study.

Master Lin has a wonderful teaching style and a friendly personality. His push hands style is gentle, relying on position, timing and leverage rather than force, but is nonetheless very effective! You won't want to miss this training opportunity!

10:00 am to noon - Push Hands

1:00 pm to 3:00 pm - Qinna

\$60 each or \$100 for both workshops. Pay by credit card, cash or check. Make checks payable to Jing Ying Institute.

For details or to register on-line, go to:

http://www.jingying.org/special_events/2008/Willy_Lin_Qinna_push_hands_Apr.htm

About Jing Ying Institute of Kung Fu & tai Chi

Jing Ying Institute of Kung Fu & tai Chi is in the Annapolis, Severna Park area of Maryland and offers programs in Kung Fu, Tai Chi, Wushu, weapons and sparring.