



# W o r k s h o p

## *The Art of Effortless Power*

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**4 & 5 February 2012**  
with Rob van Ham  
Cheng Hsin Nijmegen



This weekend workshop is focused on Cheng Hsin T'ui Shou, the Art of Effortless Power. Our training program will include work on stationary and dynamic techniques, interactive and perceptive skills, various games and forms of free play.

A workshop open to all interested in internal martial arts. Cheng Hsin has roots in Tai Chi, Judo, Aikido, Bagua and Hsing I. The workshop includes basic rolling and falling.

### Venue

**Cordium**

De Ruyterstraat 65,  
6512 GB Nijmegen

### Time

Saturday and Sunday  
10.00 - 17.00 hrs.

### Costs

115 Euro  
(overnight stay 7,50 Euro)

### Info, registration & contact

Cheng Hsin  
Training Center Nijmegen

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