



# W o r k s h o p *Boxing*

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**Sunday 20 May 2012**  
with Rob van Ham  
**Cheng Hsin Nijmegen**

In this workshop we'll look into the art of internal boxing . We will work on techniques and tactics such as 'effortless' punching, dodging, evasion, following and perceptive skills. Our boxing and sparring is fun and always done in a playful way. We take responsibility for ourselves and our partners. You are welcome to this workshop, regardless your experience in Cheng Hsin or Boxing.



<b>Venue</b>	<b>Dojo NJV, Fagelstraat 1, 6523 GN Nijmegen</b>	<b>Info, registration &amp; contact</b>
<b>Time</b>	<b>Sunday 20 May 2012 10.00 - 17.00 hrs.</b>	<b>Cheng Hsin Training Center Nijmegen</b>
<b>Costs</b>	<b>60 Euro (CH Nijmegen members 35 Euro)</b>	<b>Rob van Ham +31 (0) 6 29008785 <a href="mailto:info@chenghsin.nl">info@chenghsin.nl</a> <a href="http://www.chenghsin.nl">www.chenghsin.nl</a></b>