



# W o r k s h o p

## *The Art of Effortless Power*

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Weekend 9 & 10 June 2012  
with Kevin Magee  
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 and various games or 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 will include basic rolling and falling.

Kevin has trained extensively with Peter Ralston including four live-in Apprentice Programs lasting over 7 months each. He resides in the UK and travels around teaching Cheng Hsin workshops. There will be Kyu tests during this workshop.

### 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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