

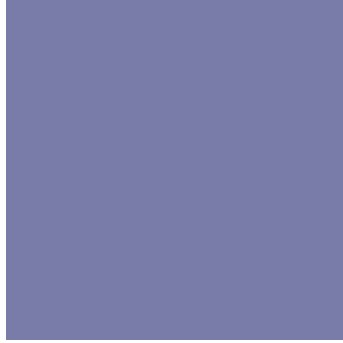
Health  
Vitality  
Longevity



## St Petersburg Shaolin Wahnam Cosmos Chi Kung and Tai Chi Chuan Festival



November 2<sup>nd</sup> – 5<sup>th</sup>, 2012  
Hotel indigo in Downtown St Petersburg, Fl  
Info @ [www.shaolinstpete.com/festival/](http://www.shaolinstpete.com/festival/)  
Contact: Chris Didyk @ [cdidyk@gmail.com](mailto:cdidyk@gmail.com)



# Cosmos Chi Kung

## The Secrets to Successful Chi Kung

Shaolin Wahnam Chi Kung is different from what we are used to. Sifu Wong Kiew Kit generously transmits the essential skills necessary for a wildly successful Chi Kung practice.

**What is a successful Chi Kung practice?** One that quantifiably gives the practitioner the intended benefits of great health, vitality, mental clarity, and spiritual joy

**Why is so much modern Chi Kung unable to give these basic benefits of a Chi Kung practice?** They may be missing some of the “secrets” –the essential skills such as entering a Chi Kung state of mind or generating an energy flow.

Join us in November as Sifu Wong Kiew Kit generously transmits the secrets of high-level Chi Kung and begin getting more results from your practice!

### **Generating Energy Flow**

Friday November 2<sup>nd</sup>, 2012  
9am–12pm

### **Cosmic Shower**

Saturday November 3<sup>rd</sup>, 2012  
9am–12pm

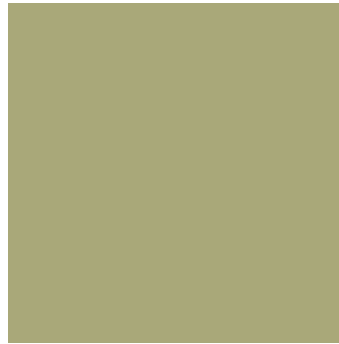
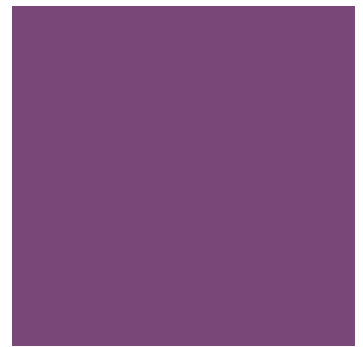
### **Abdominal Breathing**

Sunday November 4<sup>th</sup>, 2012  
9am–12pm

### **Sinew Metamorphosis**

Monday November 5<sup>th</sup>, 2012  
9am–12pm

detailed course descriptions can be found at [www.shaolinstpete.com/festival/](http://www.shaolinstpete.com/festival/)



# Grandmaster Wong Kiew Kit

## Tai Chi Chuan Festival in St Petersburg



In just four days, Grandmaster Wong will demonstrate and transmit the essential skills of multiple styles of Tai Chi Chuan.

In the Fundamentals course, use the Simplified 24-Form Set to deepen the most important Tai Chi Chuan skills, including building internal force, flowing through patterns to maximize health, vitality, and spiritual benefits, and applying traditional Tai Chi Chuan patterns in combat.

The other courses build on top of the skills taught in the Fundamentals course. In the 108-Pattern Yang style, Flowing Water, Floating Clouds (Chen style), and Wudang Tai Chi Chuan courses, enhance your ability to perform the set and learn its signature force-training and applications.

Learning skills from multiple styles actually enhances your understanding of your own specialty!!! Come learn from Grandmaster Wong to find out how this is possible and make it start working for you!!

### **Fundamentals of Tai Chi Chuan**

Friday November 2<sup>nd</sup>, 2012 2pm-7pm

### **108-Pattern Yang style**

Saturday November 3<sup>rd</sup>, 2012 2pm-7pm

### **Flowing Water, Floating Clouds (Chen style)**

Sunday November 4<sup>th</sup>, 2012 2pm-7pm

### **Wudang Tai Chi Chuan**

Monday November 5<sup>th</sup>, 2012 2pm-7pm

detailed course descriptions can be found at [www.shaolinstpete.com/festival/](http://www.shaolinstpete.com/festival/)



# Sifu Wong Kiew Kit

Sifu Wong Kiew Kit is the fourth generation successor of Venerable Jiang Nan from the famous Shaolin Monastery in China, and a grandmaster of Shaolin Kungfu and Chi Kung. He received the "Qiqong (Chi Kung) Master of the Year" Award during the Second World Congress on Qiqong held in San Francisco in 1997. He also holds an honours degree in humanity, and is one of the very few masters who speaks excellent English. His books, including "Introduction to Shaolin Kungfu", "The Art of Chi Kung", "The Art of Shaolin Kung Fu", and "The Complete Book of Tai Chi Chuan", are highly acclaimed internationally. "The Art of Chi Kung" was reprinted three times within three years, and has been translated into Spanish and German.

Sifu Wong, born in 1944, started his life-long training of the Shaolin arts in 1954 when he learned Shaolin Kungfu and lion dance from the famous Shaolin master, Sifu Lai Chin Wah, popularly known as Uncle Righteousness. Sifu Wong became his best disciple and helped Uncle Righteousness to teach kungfu. To further his kungfu training, Sifu Wong later learnt from Sifu Ho Fatt Nam, the third generation successor directly descended from the southern Shaolin Monastery. Sifu Wong also learned Wuzu Kungfu from Sifu Chee Kim Thong, and Choe Family Wing Chun Kungfu from Sifu Choe Hoong Choy, who were patriarchs of their respective kungfu styles.

Regretting that many masters were withholding "secrets" of kungfu (including Tai Chi Chuan) and chi kung with the result that these arts might lose their



essence, in 1982 he founded the Shaolin Wahnam School of kungfu and chi kung with the aim of transmitting genuine Shaolin Kungfu, Tai Chi Chuan, Shaolin Chi Kung, and Shaolin philosophy.

Having won championships himself, Sifu Wong trains many champions in kungfu and lion dance competitions but always insists that while Shaolin Kungfu and Tai Chi Chuan are exceedingly effective martial arts, their greatness lies in enriching our daily life and in spiritual development.

Sifu Wong is one of the few masters who have generously introduced the once secretive Shaolin Chi Kung to the public, and has helped literally hundreds of people to be relieved of their so-called "incurable" diseases like HBP, asthma, rheumatism, diabetes, depression, anxiety and even cancer. He regularly teaches all over the world and is dedicated to spreading the wonders and benefits of Tai Chi Chuan and the Shaolin arts to deserving students irrespective of race, culture and religion.



If you are hearing about Sifu Wong and Shaolin Wahnam for the first time, learn more by visiting the Shaolin Wahnam website at **[www.shaolin.org](http://www.shaolin.org)**

Register at [www.shaolinstpete.com/festival/](http://www.shaolinstpete.com/festival/)



### Location: Hotel Indigo

The event will be hosted by the Hotel Indigo in downtown St Petersburg, FL. 234 3rd Ave. North St Petersburg, FL 33701

The Hotel Indigo is within walking distance of the downtown St Pete waterfront as well as many delicious cafés and restaurants.



### St Petersburg, FL

St Petersburg boasts multiple world famous museums and art districts including the Dali Museum and the Dale Chihully Glass Museum. St Pete is a barrier island surrounded on all sides by the waters of Tampa Bay and the Gulf of Mexico. Gorgeous, world-renowned beaches such as Fort DeSoto Park and the Gulf Beaches await you. Terrific multi-cultural cuisine can be found everywhere.



### Travel & Lodging

Tampa International Airport is the best choice for international travelers.

Package rates are available at the Hotel Indigo until October 1<sup>st</sup>. See [www.shaolinstpete.com/festival/venue/](http://www.shaolinstpete.com/festival/venue/) for more information.

# Packages and Pricing

Detailed pricing and Registration available at  
[www.shaolinstpete.com](http://www.shaolinstpete.com)



## Special Pricing Available for Tai Chi Chuan Instructors

As part of our commitment to raise the quality of Tai Chi Chuan in the United States, we are excited to extend a generous offer to Tai Chi Chuan instructors! Here's how it works. Instructors and their students get Shaolin Wahnam member pricing for all courses. Instructors get a free course when 5 of their students sign up, and for each additional group of 5 students, instructors can choose between another free course or 20% commission for the group!!



**But this offer is only good until Oct. 15 while course spaces remain,** so contact Chris Didyk at [cdidyk@gmail.com](mailto:cdidyk@gmail.com) if you would like to take advantage of this generous offer!

## Special Discounts for Multiple Courses



	Wahnam Members	Non-Members
One Chi Kung Course	\$300	\$300
One Tai Chi Chuan Course	\$500	\$1000
One Chi Kung Course + One Tai Chi Chuan Course	<b>\$700</b>	<b>\$1200</b>
All Four Chi Kung Courses	<b>\$1000</b>	<b>\$1000</b>
All Four Tai Chi Chuan Courses	<b>\$1300</b>	<b>\$2600</b>
<b>ALL EIGHT COURSES</b>	<b>\$1800!</b>	<b>\$3000!</b>

**Discounted pricing (in red) expires on Oct. 15!**

**100% money back guarantee!**

## Hotel Discount Pricing

We have reserved a limited block of rooms at the Hotel Indigo at a discounted price of \$139/night (a reasonable rate during what is prime vacation season) –just mention the 2012 Tai Chi Chuan Festival when making your reservation.







Don't  
miss this.



Get enhanced skills from a living  
Grandmaster and get more from  
your practice immediately.

Contact: Sifu Chris Didyk

[www.shaolinstpete.com/festival/](http://www.shaolinstpete.com/festival/)  
[cdidyk@gmail.com](mailto:cdidyk@gmail.com)