



Canada One Family Network

Address: 400 Esna Park Dr., Unit 21, Markham, ON, L3R 3K2

Tel: 416 399 7129 Email: canadaonefamilynetwork@gmail.com

Martial Arts 《Xing Yi Quan class》

1. Elementary class I: Teach standing stance, three poses, and split fist of the Five Elements Boxing. (12x)
2. Elementary Class II: Teach the Five Elements Boxing of Collapsing Boxing and Drilling Boxing. (12x)
3. Elementary class III: Teach the five elements of the artillery boxing, horizontal boxing.(12x)
4. Intermediate Class: Teach "Five Elements Serial Boxing" of Xingyi Boxing.(24x)
5. Advanced Class I: Teach the twelve forms. (24x)

Tiger form, (Bird tower) form, Bear form, Eagle form, Snake form, Alligator form, Dragon form, Horse form, Harrier (bird) form, Chicken form, Swallow form, Monkey form

6. Advanced Class II:

Xing Yi Quan routines, (tentatively scheduled for 12x each routine)

- (1) Eight patterns of shape and meaning;
- (2) Miscellaneous hammer.

Instructor:

Yang Jizong, native of Beijing, Han nationality, born in 1943, senior middle school teacher. principal. Vice President of Beijing Fengtai District Educational Science Research Institute, Beijing Fengtai District Educational Administrative Cadre College. He is a former standing committee member of the Beijing Xing Yi Quan Research Association, the third generation of Sun Style Tai Chi, the fifth generation of baguazhang, and the sixth generation of xing yi quan. Yang Jizong learned xing yi quan and sun style tai chi in 1969 under the guidance of Sun Fenglin, a master of xing yi quan. During this period, Yang Jizong was taught alongside his senior brother Wang Tong. They were personally guided by Mr. Sun Lutang's beloved daughter and his successor, Uncle Sun Jianyun. In the 1980s, Yang Jizong learned Baguazhang from his senior brother Wang Tong (the fourth-generation descendant of Baguazhang, president of the Beijing Xing Yi Quan Research Association, and one of the founders of the Beijing Baguazhang Research Association). Yang Jizong's inner boxing master:

The third generation descendants of Sun Style Tai chi: Sun Lutang, Sun Fenglin, Wang Tong, and Yang Jizong.

The fifth generation descendants of Baguazhang: Dong Haichuan, Liang Zhenfu, Li Ziming, Wang Tong and Yang Jizong.

The sixth generation descendants of Xingyi quan: Li Luoneng-Liu Qilan-Li Cunyi-Li Ziyang-Sun Fenglin-Wang Tong, Yang Jizong.

Offline teaching hours:

Start Date: After August 1st (you will be notified after registration) Tuition fee for 10 lessons: \$240
Canada/East US online courses are scheduled for the same period, Tuition fee for 10 lessons: \$180

Registration Information:

Address: 400 Esna Park Dr. Unit 21, Markham ON L3R 3K2 Tel: 4163997129 Ms. Zhu

Website registration address: www.canadaonefamilynetwork.ca