

# Chen Bing 2024

20TH GENERATION CHEN FAMILY TAI CHI CHUAN



Scenic City Dance Studio-  
1800 Rossville Ave #112  
Chattanooga, TN 37408 |  
423.602.6552 FL

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**June 5 - 9**

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Hosted by Chinese Boxing Institute  
International. Contact James  
Cravens concerning any questions.



## Workshops

Xinjia Yilu  
Xinjia Erlu

13 Posture Technique Form  
Chen Tai Chi Sword  
Silk Reeling and Basics  
Posture Correction  
Movement Correction

From Chenjiaquo,  
Henan Province China

# agenda

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Chen Bing leaping in the "Shuttles Movement"



A past seminar where Chen Bing is teaching the Xinjia Yilu.



A past Seminar as Chen Bing is teaching the Xinjia Yilu (New Frame Chen Tai Chi)

## wednesday

**S-1** Session 1 - Xinjia Erlu - Cannon Fist  
**9 am - 12 pm**

**S-2** Session 2 - Xinjia Erlu - Cannon Fist  
Q&A on Xinjia YiLu and Erlu  
**2 pm - 4 pm**

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## thursday

**S-3** Chen Tai Chi Straight Two-Edged Sword. If you are a beginner it will be a good class as we are asking him to start at the beginning and take it slow. People who already know the form will get correction.  
**9 am to 12 pm**

**S-4** Tai Chi Two Edged Sword is an extension of the body movements and the principles such as unitary movement should be the same. Class is **2 pm - 5 pm**. We will continue the sword. Those that know the form, we will go through it twice. We will end with Q & A.

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## friday

**S-5** In this session the topic is the New Frame (Xinjia Yilu). We will not try and rush at all this year but will ask Master Chen to go deeper with those who know the form and slow enough for those learning new. The session runs from **9 am to 12 pm**.

**S-6** Session Six will continue Xinjai Yilu and we will also take time for Q & A. We will also ask Master Chen to run through the entire form a couple of times. **2 pm to 5 pm**

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# Chen Bing

Chen Bing is the nephew of Chen Xiaowang and Chen Xiaoxing.



## saturday

S-7

The morning session from **9 am to 12 pm** will start with Chen Style basics. The silk reeling movement will be taught as well. We will have a Q&A session with a small demo by Master Chen. We will begin the 13 Posture Form that he began teaching last year. We will take time for Q&A as well.

S-8

On Saturday afternoon the focus will be learning the rest of the 13 Posture form. This form is one that is based on the theory of Tai Chi Chuan having 13 techniques. Most of these 13 are done on both sides of the body. Q&A will also be a part of the session. **2 pm to 5 pm**



## sunday

S-9

Sunday morning will focus on posture correction. Fang Song exercises will precede the posture correction. We will have Q&A during this section as well. Since posture and alignment are so important it is good to have one of long time experience correct your postures. This class starts earlier at **8 am** and goes to **11 am**.

S-10

Sunday afternoon will be slightly shorter going from **12 pm to 2 pm**. We encourage everyone to bring something to eat during the brief lunch. The topic will focus on Movement Correction. You can do a few movements from your own Chen Tai Chi Form and Master Chen will correct your movement.

# registration and tuition

## If you Register and Pay by May 1

\* **Get** all five days for **\$500**

## If you Register and Pay a \$50 Deposit by May 1

Your total cost for the Sessions is listed below. If you wish to pay off the balance, see the Links on the next page.

- \* 1 Session for \$60
- \* 2 Sessions for \$115
- \* 3 Sessions for \$170
- \* 4 Sessions for \$220
- \* 5 Sessions for \$275
- \* 6 Sessions for \$330
- \* 7 Sessions for \$385
- \* 8 Sessions for \$440
- \* 9 Sessions for \$510
- \* 10 Sessions for \$550

## If you do not Register and Pay a \$50 Deposit by May 1, you pay at the door the following-

- \* 1 Session for \$70
- \* 2 Sessions for \$120
- \* 3 Sessions for \$180
- \* 4 Sessions for \$240
- \* 5 Sessions for \$300
- \* 6 Sessions for \$360
- \* 7 Sessions for \$420
- \* 8 Sessions for \$480
- \* 9 Sessions for \$540
- \* 10 Sessions for \$600

All payments at the door are Cash.

Contact me for any questions.

James Cravens - [cbii@mac.com](mailto:cbii@mac.com)

[Click Here](#) - If you want to pay a Deposit anytime from now to May 1  
[Click Here](#) • If you want to pay for All five days before May 1,

[Click Here](#) • If you want to pay off the balance of the Seminar after paying the deposit. Use the chart below for knowing what your balance will be after paying a deposit.

- |                     |                      |
|---------------------|----------------------|
| * Session 1 - \$10  | * Session 6 - \$280  |
| * Session 2 - \$65  | * Session 7 - \$335  |
| * Session 3 - \$120 | * Session 8 - \$390  |
| * Session 4 - \$170 | * Session 9 - \$470  |
| * Session 5 - \$225 | * Session 10 - \$500 |

## Registration Info

**Registration** involves contacting me by email [cbii@mac.com](mailto:cbii@mac.com), and list the following information:

1. Name
2. Address
3. Phone or text contact
4. List the days and sessions you wish to attend. Just put Session 1, 2, etc. by the number so I will know what days and sessions you are coming. You may pay online at the link listed on the last page..I will receive a payment notice from the commerce Department. When you send the email and make payment you will officially be registered.

You can pay online with credit card. You can pay by Venmo, Zelle, Cash App, and Apple Pay. If you want to send a check, you will need to mail it so it will be to me by May 1, 2023. No checks at the door.

Mailing Address:

James Cravens  
370 Northwest 76 Ave  
Apt 401  
Margate, Florida 33063

# Quick Look at Schedule

Sessions	Wednesday	Thursday	Friday	Saturday	Sunday
1	Xinjia Erlu				
2	Xinjia Erlu Q&A				
3		Tai Chi Straight Two-Edged Sword			
4		Tai Chi Sword Q&A			
5			Xinjia Yilu Q&A		
6			Xinjia Yilu Q&A		
7				Basic & Silk Reeling - Q&A	
8				13 Form	
9					Posture Correction
10					Movement Correction



**Questions:** Email James Cravens at [cbii@mac.com](mailto:cbii@mac.com) or text or leave a message at 954-326-6505.

If you wish to send a **check by May 1**, Send and make out to **Cash** and send to:

James Cravens 370 NW 76 Ave **Apt 401** Margate, FL 33063

**No Checks** accepted at door. Checks must be received by April 1. There will be **Only Cash accepted at the Door on Seminar Days!**

There will be a release form to sign at the Seminar .



**Chinese Boxing Institute International**

370 NW 76 Ave | Apt 401 | Margate | FL 33063

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