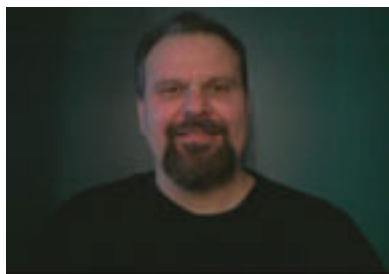


A.S.I.A. Continuing Education Series

With Shifu Walter Puza



The NaiHanChi Short Form:

Discovering The Encyclopedia of Pressure Point Combat

Date: Saturday; October 22 , 2011 Begins 1:00 PM

Location: Asian Institute of Healing Arts (www.AsianInstituteOfHealingArts.com)

For more info or to register call 973-670-6582 or visit: www.TaiChiFest.com

Kyusho points or pressure points are terms used by various martial artists, to describe vital areas that are struck on the body to induce an opponent to be knocked out or killed! These techniques have been handed down through the Chinese and Okinawan masters for many generations. By striking, pushing or rubbing these vital areas, they can knock an opponent to the ground, render a limb useless, or even result in serious injury or worse. These points can be used in many different situations, including self protection or sporting events like mixed martial arts.

Among the training tools of advanced pressure point practitioners, is the legendary Naihanchi form, the first of three short forms that history contends was brought to Okinawa by a Shaolin monk, and taught to Matsumura Sokon, one of the original karate masters of Okinawa. Throughout the history of asian martial arts, practice of only these three short forms, have produced some of the deadliest masters of China, and later, Okinawa.

In this workshop, Shifu Puza will be teach you the Naihanchi form, also sometimes referred to as “Tekke” or “Iron Horse.” You will discover the hidden encyclopedia of techniques in this form, techniques designed to attack 130 different pressure points on the human body. You will learn basic strikes, as well as strike combinations. The workshop will include training with partners, to learn both the applications of the forms, and the pressure points they attack. A second workshop is planned for the spring of 2012, teaching more advanced pressure point techniques from this form. Both workshops will be videotaped, with DVD’s offered for sale at a later date.

Don’t miss this opportunity, to discover the secrets of pressure point combat, and how they can be applied to your own system or martial art form(s).

Early bird discount price

\$90

Pre-registration discount price

\$95

Walk-in price

\$100

Beginning in 1973, Shifu Walt Puza studied American jujitsu under Master Brian Hawks for several years, raising to the level of brown belt. From 1978 to 1980, Shifu Puza studied the Kwok system of Chinese kungfu under Grandmaster Gary Torres. From 1980 to 1986, Shifu Puza studied jeet kun do, the art developed by the legendary Bruce Lee, under Master Sarugi, achieving the level of assistant instructor. From 1987 to 1990, Shifu Puza furthered his studies of jeet kune do, combined with the art of kyusho jitsu, under Master Eric Franchno, achieving the level of instructor ranking sharedow. From 1990 to 2005, Shifu Puza combined his study of jeet kune do with kali and grappling under Master Frank Viggiano, achieving full instructorship. From 2006 to 2009, Shifu Puza studied Dragonheart baguazhang under Grandmaster Gary Torres. In addition to his decades of study under these fine masters, Shifu Puza spent many years studying kyusho jitsu (pressure point system) under Grandmaster George Dillamn. Shifu Puza is presently a board member of kyusho jitsu.

Workshop Location

This workshop will be held at the **Asian Institute of Healing Arts**, 315 Pocono Blvd. (Rt. 611) Mt. Pocono PA 18344
www.AsianInstituteOfHealingArts.com. To register, please visit: www.TaiChiFest.com, or call 973-670-6582.