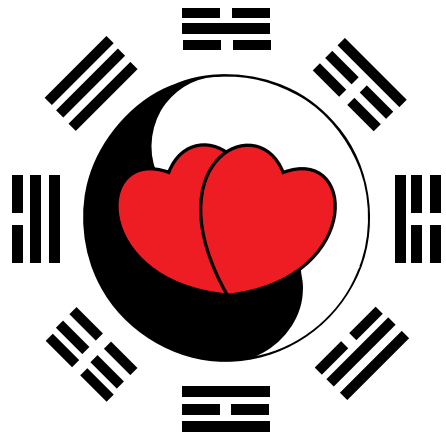


Master Training Systems

Our 10th
School Year



Classes Publications Video & Music

SUPER-HEALTH TRAINING OF ANCIENT CHINA

Approach


- **Open Group** classes include adults of all ages. *Florida Fall* courses begin the week of October 2; *Winter* courses January 8, 2001; and *Spring* courses, April 9.
- **Private Group** classes are arranged for organizations and communities according to the specific interests and capabilities of their members and residents.
- **Summer Studies** are conducted in Sausalito, California and Beijing, China. Qualified students may participate in personal training and small private groups.
- **Training Aids Set** includes Great Master Wang's Tai Ji Quan textbook, Master Guiffre's Essentials video, and Marilyn Seits' CMR "Tai Chi" music cassette.

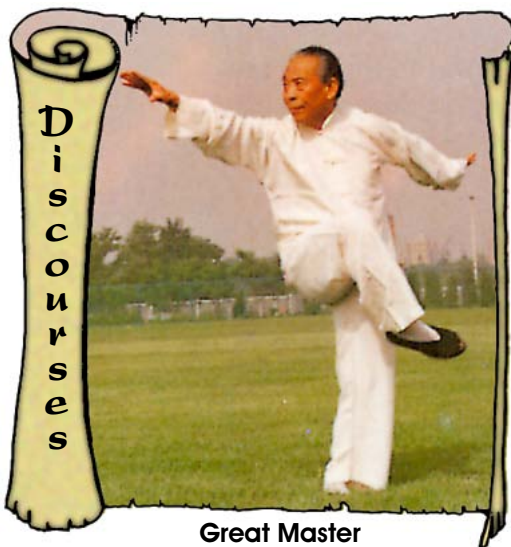


Our expertly taught **Nei Gong**, **Qi Gong** and **Tai Ji Quan** are authentic practices of spiritual peace and practical benefit. Each lesson is a quiet union of mind and flowing movement, reflecting the balance of nature.

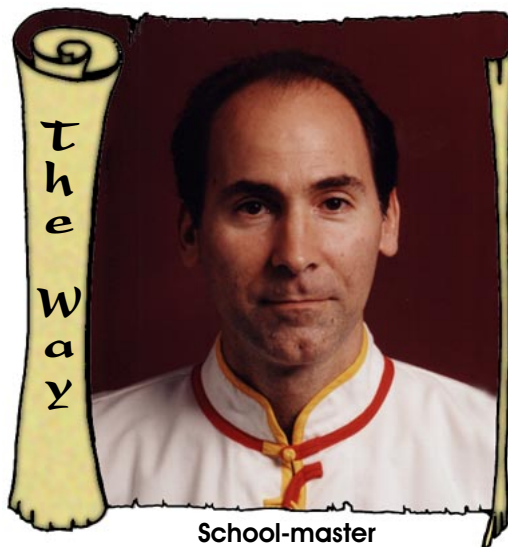
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Established 1990

School Year 2000 Program

Discourses of Great Master Wang is an instructional companion publication to *The Way*, which contains complete information about our credentials, programs, schedules and activities. To receive our publications please register your subscription by providing your name, mailing address with zip code, telephone number, and your payment of \$6.00 to Master Training Systems. We will bill you \$6.00 for each new issue of *Discourses* when available. If you do not respond to our invoice, we will cancel your subscription with no further obligations. You may also send your prepaid order for **Training Aids Set**. Tax and shipping are included. We waive the \$6 fee for registering and include our **Program Guide** when you order the complete set at \$69. 



Great Master
Wang Pei Sheng



School-master
Jeffrey J. Guiffre

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Master Training Systems

Our 10th
School Year



The Way

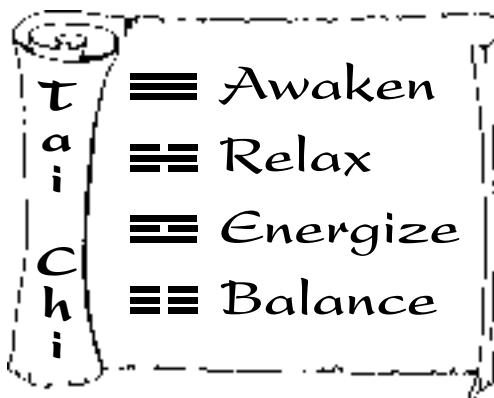


SUPER-HEALTH TRAINING OF ANCIENT CHINA

Approach

- **Open Group** classes include adults of all ages. *Fall* courses begin the week of October 2; *Winter* courses, January 8, 2001; and *Spring* courses, April 9.
- **Private group** classes are arranged for organizations and communities according to the specific interests and capabilities of their members and residents.
- **Summer Studies** are conducted in Sausalito, California and Beijing, China. Qualified students may participate in personal training and small private groups.
- **Training aids** available specifically for our program include a detailed Program Guide, Essentials video tape, music cassette, and form & application textbook.

Our expertly taught Nei Gong, Qi Gong and Tai Ji Quan are authentic practices of spiritual peace and practical benefit. Each lesson is a quiet union of mind and flowing movement, reflecting the balance of nature.



Abundance

School-master Jeffrey J. Guiffre is certified as a teacher and disciple "Dan Guang" by Great Master Wang Peisheng of Beijing, China, continuing a direct lineage from Great Masters Yang Yuting, Wang Maozhai, and Quan You, the founder of Wu style Tai Ji Quan. Quan You, a royal officer and martial arts expert, developed his famous style by incorporating ancient Taoist healing practices of mind and movement he used in recovering from grievous battle injuries. The unique character of authentic Tai Ji Quan is generally defined in the "Tai Chi Classics," compiled over 7 centuries. Our training method is summarized in the following excerpts:

- Study the function of each posture carefully and with deliberation.
- If you do not study in this manner, then you'll waste your time and sigh.
- To enter the door and be shown the way, you must be orally taught.
- The mind and energy are king, and the bones and muscles are the court.
- Yin and yang mutually aid and change each other.
- The eight trigrams and the five elements comprise the original postures.
- Tai Ji Quan is like a great river flowing on unceasingly.
- It is neither excessive nor insufficient.

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2001-2001 Program

Synergy Table of Contents

Approach	1
Program Overview	
Abundance	1
Training Method	
The Source	2
Experience and Curriculum	
Assembling	3
Attending Classes	
Advancement	4
News and Events	
Insight	4
Philosophy and Meditation	
Penetrating Influence . .	4
People and Progress	

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SCHEDULE INSIDE



The Source



The rich heritage of Chinese martial arts spans thousands of years. It is increasingly recognized in America. U.S. Senator Diane Feinstein wrote: "Kuoshu, as both an artistic and scientific martial art, transcends other forms of discipline and exercise. It is more than a skill, but a practice which strengthens the body, tests the mind, and enriches the spirit. Endorsed by the President's Council on Physical Fitness and Sports, Kuoshu is a worthy endeavor for the individual who seeks self-improvement and self-awareness."

Master Jeffrey J. Guiffre has been practicing and teaching Chinese meditative, healing and martial arts since 1971. The benefits of his lesson programs have been featured on Channel 5 News and with full-page color photography in the Sun Sentinel newspaper. He has received three awards for "Outstanding Master's Performance" at International Chinese Kuoshu Federation Championships. He has traveled to China many times for advanced studies, and is certified by Professor Wang Peisheng and the Physical Science Research Center of Beijing Information Technology Institute. Master Guiffre has been contestant, performer, judge and organizer for national and world championship tournaments. He has taught exclusively from North Palm to Deerfield Beach since 1990, developing programs for more than 30 communities and organizations, and teaching more than two thousand adult students.

Renowned Grandmaster Wang Peisheng, author of the definitive textbook Wu Style Tai Ji Quan, practiced and taught Qi Gong, Tai Ji Quan, Bagua and Xing Yi for more than 60 years. Vigorous at 80 years old, he served as President of the Beijing Taijiquan Research Institute, of the Yin Cheng Motion Health General Association, and a Council Member of China Qigong Science Research Association. According to Qi The Journal of Traditional Eastern Health & Fitness "...Few in the West have studied with him or even seen him before, yet his reputation for outstanding martial arts skills seemed omnipresent..."

As a personal student of Grandmaster Daniel K. Pai for over 20 years, Teacher Guiffre received the disciple name Bai Quan Li, "Pure Fighting Force." He was tested and ranked at the Fifth Higher Level (Master) in the White Dragon System of Inwards Kung-fu. Grandmaster Pai practiced and taught for more than 50 years, mastering Shaolin skills and many martial arts. International Chinese Kuoshu Federation Taiwan headquarters stated: "Grandmaster Pai dedicated his whole life to the promotion of Chinese Kuoshu, and his great contribution has won the highest respect and reverence and will be long remembered around the world."

Super-Health Training of Ancient China

"Tai Chi" (Yin Cheng Tai Ji Quan)

- Heaven and Earth, Yin and Yang Qi Gong
- Comprehensive Wu Style 16 & 37 Postures
- Energy Accupoints, Thoughts and Feelings
- Tai Ji Quan Philosophy & Theory
- Tai Ji Quan Health Applications
- Fixed-Step Pushing-Hands
- Moving-Step Pushing-Hands
- Tai Ji Quan Two-Person Applications

"Chi Kung" (Bai Long Nei Gong-fu)

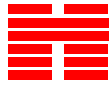
- Relaxation & Energy Developing Exercises
- Circulation Breathing
- Energy Gathering & Condensing Movements
- Rooting Exercises
- Five Animals Moving Meditation
- Flowing Short Form for Tai Ji Qi Gong
- Advanced Long Form for Tai Ji Qi Gong
- Introduction to Two-Person Applications

"Meditation" (Nei Gong)

- Golden Light Meditation
- Fire, Water, and Wind Paths
- Glowing Central Vitality Channel
- Nurturing Five Elements
- Extraordinary Channels Meditation
- Eight Accupoints and Paths of Feeling
- Contemplations of the Way and Awakening
- Balancing Five Elements



Original Applications of Tai Ji Quan



"Tai Chi" Classes

By Master Jeffrey J. Guiffre

Fall: October 2 to December 22

Winter: January 8 to March 31

Spring: April 9 to June 30

West Palm Beach Classes

Wednesday 6:00 PM to 7:30 PM

Essentials and Level I & II

Howard Park Center, Parker Avenue
(1/4 mile south of Kravis Center)

The following course begins January 8:

Lake Worth Classes

Monday 7:00 PM to 8:30 PM

Essentials and Level I

Tae Kwon-Do, 2525 N Dixie Hwy
(NW in The Arbor Plaza)

Delray Beach Classes

Friday 6:00 PM to 7:30 PM

Essentials and Level I, II, & III ★

Morning courses emphasize Essentials

Tuesday 8:30 AM to 9:30 AM (see note 1)

(Call to register at 243-7350) ★

Veterans Park Community Center
802 N.E. 1st Street

(Atlantic Plaza at the Intracoastal)

Boynton Beach Classes

Thursday 8:30 AM to 9:30 AM (see note 1)

(Call to register at 375-6240) ★

Civic Center

128 East Ocean Avenue

Boca Raton Classes

Tuesday 8:30 AM to 9:30 AM

Thursday 8:30 AM to 9:30 AM

(Call to register at 367-4400) ★

The John W. Henry Center for
Integrative Medicine and Mind/Body
Medical Institute at Boca Raton

Related Classes

At Affiliated Centers

Advanced Martial Concepts

North Palm Beach (561) 776-7177

Delray Tai Chi & Qi Gong Center

Delray Beach (561) 330-9619

Palm Beach Dharma Center

Lake Worth (561) 659-1198

Note 1: by Student-Instructor Evelyn Ogren

Registration

We've taught over two thousand adults of all ages to **relax, energize, and balance**. Our school year includes Fall, Winter and Spring quarters of twelve-weeks each in Florida, and seminars and study-tours in California and China during the Summer. Since Master Training Systems was established in 1990, more than thirty communities and organizations have arranged lesson programs suited to the interests of their residents and members.

Beginners are welcome to all *Essentials* and *Level I* classes. Only class listings with a star (★) require pre-registration. You may register at all other locations just prior to the start of class. **Holiday closings may vary by location.** Wear light comfortable clothing; flat Chinese slippers or similar footwear are the best.

Before teaching others, Certification must be earned at each level, and Master's approval obtained for each scheduled program.



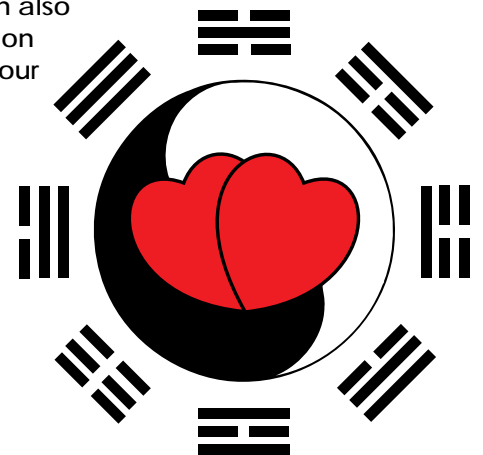
"Note 1" morning group classes listed at left begin on intervals established at each facility. Tuition costs begin at \$36 for a series of six weekly lessons, taught by a Student-Instructor or Assistant-Instructor. All other courses begin and renew with calendar quarters. Tuition cost for twelve weekly group lessons taught by Master Guiffre is \$108. A trial lesson costs \$12. Make-up classes may be allowed by Teacher. Communities and organizations can also arrange private group classes. Tuition cost is \$960 for twelve weekly one-hour lessons at the sponsor's facilities.

Participation in multiple weekly group lessons, seminars, study-tours, and detailed personal training by private lessons may be arranged for students seeking the highest level of competence.

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Solo Practice





Advancement

Master Training Systems now offers its students a companion publication to *The Way: Discourses of Great Master Wang Peisheng*. Great Master Wang's instructions always provide the authentic technical details and the philosophical context essential to attaining the wonderful benefits of Chinese exercise. The first installment of Discourses is included in our 24-page Program Guide prepared for publication in Fall 1999, and will be continued in forthcoming editions of our booklet series.

Our seminars include methods for meditation, developing vitality, and the form and application of Tai Ji Quan. Please reserve early for our summer sessions!

- ☑ 1993 Beijing Study-Tour
- ☑ 1994 Beijing Study-Tour
- ☑ 1995 Beijing Study-Tour
- ☑ 1996 Beijing Study-Tour
- ☑ 1997 Florida Seminar
- ☑ 1998 Beijing Study-Tour
- ☑ 1999 California Seminar

印
誠
行
健
總
會

Great Master
Wang Peisheng



Insight

The Chinese characters alongside Master Wang's photograph above are rendered in English as Yin, Cheng, Xing, Jian, Zong, and Hui. Each Chinese character can represent a complex idea, and a complete phrase requires careful insight of context. In this arrangement Master Wang's calligraphy is meant to summarize the philosophy of his **Yin Cheng Association**, now established under his auspices by Master Training Systems in the United States: Through a commitment to honesty in mind and movement, activity will be in accord with nature, and good health will accrue mutually to each person and to the universe; this lineage continues by training together cooperatively.

*Although we speak of past, present
and future,*

*indeed these are only states of mind
existing all together in the constant.*

*When we break the barriers of time
we are free to see truly that the
highest wisdom*

*of ancient times, is, of course, the
constant wisdom*

*of our original self-nature at this
very moment.*

Master
Jeffrey J. Guiffre



Penetrating Influence



Master Guiffre's disciple in Grandmaster Pai's White Dragon System of Inwards Kung-fu, **Instructor Kevin Callaghy**, is a licensed mental health counselor with a Masters degree in Psychology. Kevin is also a graduate of the American Institute of Massage Therapy, the American School of Oriental Therapy, the Oriental Sports Training Program, and the Chinese National Chi Kung Institute.

Kevin has studied diligently with Master Guiffre for many years and has received instructor's certifications in all aspects of our program including Grandmaster Wang's Yin Cheng System.

In Memoriam Instructor Kevin Callaghy

Left this world October 19, 2000

Having miraculously recovered from a deadly automobile accident, and after many years and achievements, attaining a High level in Martial Arts, Kevin retired in sublime peace.

Instructor
Kevin Callaghy

