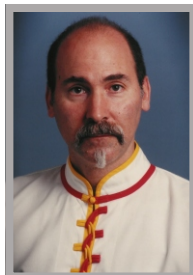




Assembling

Teacher

Master Jeffrey J. Guiffre was certified in China as a teacher and disciple "Dan Guang" by Great Master Wang Pei Sheng (Yin Cheng) of Beijing. He is the first American disciple of Great Master Wang, continuing a direct teaching lineage of Great Masters from Yang Yu Ting, Wang Mao Zhai, and Quan You, the founder of the old and original Wu style Tai Ji Quan. Master Guiffre has been practicing and teaching Chinese meditative, healing, and martial arts since 1971. Grand Master Daniel K. Pai named him disciple "Bai Quan Li"; and tested and ranked him at the Fifth Higher Level (Master) in the



White Dragon System of Inwards Kung-fu. He is experienced as a contestant, judge, and organizer, and was awarded for "Distinguished Martial Arts," "Outstanding Judging," and "Outstanding Master's Performance" at National and International Chinese

Kuoshu Federation Championships, and is an International Chinese Kuoshu Federation Lifetime Member. His programs have been the subject of news features on [News Channel 5](#), [Channel 12](#), in the [Sun Sentinel](#), and the [Palm Beach Post](#). Since Master Training Systems was established in 1990, he has conducted regular classes in Florida, study-tours in California and China, and taught over two thousand adults of all ages to relax, energize, and balance. More than thirty communities and organizations in Palm Beach county have arranged lesson programs suited to the interests of their residents and members.

Programs



COURSES FOR ADULTS OF ALL AGES

- "Tai Chi" Essentials
- Golden Light Meditation
- Vitality Exercise Set (Simplified Qi Gong)
- Principles of Balance
- 3 Preliminary application Skills, solo (Tui Shou)
- Preparation, Beginning Form, Grasp Bird's Tail, Conclusion
- Level I
- 14 Postures of 37 Postures form
- Preliminary Skills and changes with partners (Tui Shou)
- 4 Primary application Skills, solo (Tui Shou)
- Level II (continues)
- Postures 15 through 37
- Primary Skills and changes with partners (Tui Shou)
- 8 Da Lu application Skills, solo (Tui Shou)
- Level III (Personal training by private lessons)
- 5 Elements, 8 Extraordinary Channels Meditation
- 12 Animals Properties and Relations Exercise Set
- 37 Postures form with 178 practical applications
- 16 Postures form with 114 practical applications
- Da Lu Skills and changes with partners (Tui Shou)

CLASSES SINCE 1990

2009 Schedule

Communities and organizations may call to arrange lesson programs and schedules suited to the interests of their residents and members. Individuals may call to arrange detailed personal training or register to attend regular group classes. Master Guiffre maintains a fully subscribed schedule, teaching private groups and providing personal training to individual students by appointment only.

Master Guiffre's Private Lesson Schedule
 Winter/Spring 2009: January 20 to April 11
 Spring/Summer 2009: May 12 to August 1
 Fall 2009: September 29 to December 19

Private Lessons Only
Internal Arts Studio
 1515 North Dixie Highway, Lake Worth

New Group Classes
Palm Beach Tai Chi
 Motion Health Institute
 941 South Military Trail, Unit F-3, West Palm Beach
 Enter from Summit Boulevard
 (561) 281-3097
www.palmbeachtaichi.com

Please call; do not interrupt class in session

We have also conducted ongoing courses for beginners at many civic centers and communities. Chief-Instructor, Ireland, David Marshall and Student-Instructor Paul Tsang (561) 315-0830 conduct Master Training Systems "Tai Chi" Essentials courses for communities and organizations.

Code of Conduct

Master Training Systems endeavors to provide a high quality education according to the curriculum fully described in this Lesson Guide, [The Way](#). Students also have responsibilities. Participation is governed by our [Code of Conduct](#), provided to all new students, which describes demeanor, comportment, applicability, schedule, and recognizance. These apply when engaged in any group lesson, private lesson, seminar, tournament or study-tour. During the lesson and in proximity to teacher, students should be quiet, attentive and careful, respectful to teacher, each other, and all other persons associated with the training facilities, activities, and excursions. Please arrive prior to start of class. These qualities should also be cultivated appropriately in daily life. Teacher may dismiss a student who fails in this Code.

ADDITIONAL HUMAN RESOURCES

Assistant-Instructor Bill Betts manages *Palm Beach Tai Chi, Motion Health Institute* and our ancientmasters website. Ginger Palhof and Scott Brown are our *Internal Arts Studio* Facilities Directors and manage and teach programs at Pil Sung Tae Kwon Do (561) 588-8424. David McVinney, *Motion Health Institute* Chief Instructor, presides over our meditation and wellness programs.

The Chinese characters in our banner convey this meaning: when people assemble with a commitment to truth, the motion that ensues will generate good health to themselves and to the universe.



Reading List

These books provide insight to the spiritual, health, and martial arts training methods utilized in lessons.

Tao Teh Ching Lao Tzu © 500 BCE);translated by John C.H. Wu, Shambhala Publications. As poetically rendered by Mr. Wu, the fundamental principles of Lao Tzu’s Tao, Yin and Yang, “Integrity” and “Great Way,”timelessly applicable to daily living; the philosophical basis of Tai Ji Quan.

The Diamond Sutra & The Sutra of Hui-neng © 700 CE) Translated by A.F.Price & Wong Mou-lam, Shambhala Publications. The epitome of the“Supreme” school that inspired the sixth Chinese patriarch in the lineage of Buddha, and his instructions to balance wisdom and inner peace.

Three Kingdoms A Historical Novel Luo Guanzhong © 1400 CE) Translated by Moss Roberts, University of California Press. Unequaled insight into all aspects of the ancient culture, human relations, politics, and practices of military strategy; 1096 pages.

The Essence of T’ai Chi Ch’uan, The Literary Tradition Translated by Lo, Inn, Amacker, Foe, North Atlantic Books. The original, classical principles of Tai Ji Quan, over 7 centuries, expounded in statements both concise and elegant beginning with the advice of legendary master Chang San-feng © 1300 CE).

Chinese Acupuncture and Moxibustion Cheng Xinnong, chief editor, Foreign Languages Press, Beijing. A comprehensive textbook with thorough examinations of traditional Chinese medicine, including Yin and Yang, the Five Elements, the Twelve Ordinary and the Eight Extraordinary channels.

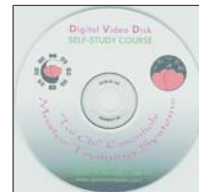
Self-Study Courses



Tai Ji Quan, popularly referred to as “Tai Chi,” is the most widely known of the *Internal Arts* of ancient China. In *Tai Ji Quan*, like negative and positive terminals support the flow of electricity, *Yin* and *Yang* cooperate to support the flow of vitality -- a balance between

mind and movement, between stability and flexibility. A series of ideas leads to a series of feelings; thus movements, comfortable and natural for adults of all ages, are expressed correctly from within. Beginning slowly, calmly and quietly, deliberately, and gradually more fluently and freely, the practicing of Tai Ji Quan synthesizes mental development, vitality exercise, and practical skills of balance with subtle martial arts of the highest level.

Our **DVD Video Tai Chi Essentials Self-Study Course** contains our *Introduction, Principles of Balance, Preliminary Skills, Preparation, Beginning Form, and Grasp Birds Tail*, \$39 (registered students, \$29). Our **CD Audio Nei Gong Essentials Self-Study Course** applies ancient meridian principles in a detailed, educational narration of ideas, taking a comfortable meditative journey through areas, points, and paths of feeling,\$19 (registered students, \$15). **Wu Style Tai Ji Quan**, by Wang Peisheng and Zeng Weiqi, Hai Feng Publishing Company and Zhaohua Publishing House, is the definitive textbook by Master Guiffre’s teacher, including theory and practice for mind, movement, health, and self-defense, \$23 (registered students, \$17).



Facilities

Partial listing of organizations and communities that have arranged **Master Training Systems** courses:

- Boca Health & Fitness Clinic
- Boca Raton Community Hospital
- John W. Henry Center • Boynton Lakes Estates
- Comprehensive Alcoholism Rehabilitation Programs
- City of Boynton Beach • City of Delray Beach
- City of Greenacres • City of Lake Worth
- City of West Palm Beach • Coral Lakes • Cypress Lakes
- Dr. Douglas Canterbury-Counts • Dr. Eric Cohen
- Dr. Lynn Migdal • Dr. Gene Putnam
- Dr. Robert D. Willix, Jr. • Florida Institute of Rehabilitation • Huntington Lakes
- Lakeside Village by Marriot • Lakes of Delray
- Lighthouse Elementary School
- Mid-County Senior Center • Newport Place
- Palm Beach County Nature Center
- Palm Beach Dharma Center • Palm Beach Institute
- Pil Sung Tae Kwon Do • Prosperity Oaks
- Town of North Palm Beach
- Yoga Center (Deerfield Beach)
- Yoga Room (Delray Beach)

School Logo Apparel

We maintain a limited inventory of apparel items for students and family, with *custom embroidered five-color school logo*:

- Cap**, Brushed 100% Cotton, Khaki -- \$19
- Shirt**, Heather-Gray with Black trim sport pique polo, blend, straight long hem -- \$27
- Shirt**, Indigo Denim, durable 6.5 ounce, 100% Cotton, large pocket, long hem -- \$35



Master Training Systems
 SUPER-HEALTH TRAINING OF ANCIENT CHINA
 Post Office Box 3252
 Palm Beach, Florida 33480

CLASSES SINCE 1990

Energize
 Relax
 Balance

The Way

LESSON GUIDE

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 SUPER-HEALTH TRAINING OF ANCIENT CHINA