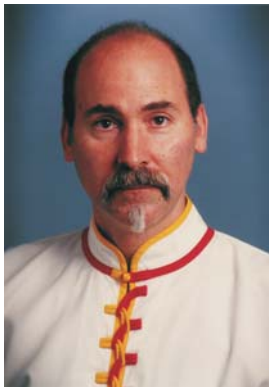


Tai Ji Quan, popularly referred to as "Tai Chi," is the most widely known of the *Internal Arts* of ancient China. A series of ideas leads to a series of feelings; thus movements, comfortable and natural for adults of all ages, are expressed correctly from within. As negative and positive terminals support the flow of electricity, *Yin* and *Yang* cooperate to support the flow of vitality. Practicing synthesizes mental development, healthy exercise, and skills of balance with subtle martial arts



of the highest level. Students are taught how to relax, energize and balance, to improve senses and coordination, and to facilitate natural healing. Students can apply these benefits to reduce stress and improve performance in other activities. Since Master Training Systems was established in 1990, we have conducted regular group classes and private lessons in Florida, study-tours in California and China, and taught over two thousand adults of all ages at more than 30 communities and organizations.

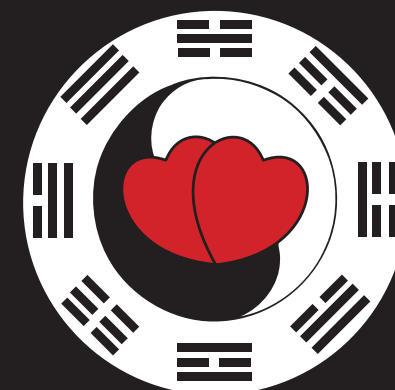


Master Jeffrey J. Guiffre was certified in China as a teacher and disciple "Dan Guang" by Great Master Wang Pei Sheng (Yin Cheng) of Beijing. He is the first American disciple of Great Master Wang, continuing a direct teaching lineage of

ancient masters from 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 in the White Dragon System of Inwards Kung-fu. In 2006 he was promoted to Grand Master by Pai Lum Family Arts Society Chairman, Grand Master Thomas D. St. Charles. He is experienced as a contestant, judge, and organizer, and served as Secretary-General for the World Tournaments in Las Vegas in 1989 and Honolulu in 1980. He was awarded for "Distinguished Martial Arts," "Outstanding Judging," and "Outstanding Master's Performance" at National and International Chinese Kuoshu Federation Championships, and is an ICKF 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. In a parallel vocation, he has also been learning, practicing and teaching the art and science of illumination since 1971.



Master Training Systems



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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.

Master Training Systems

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5 Elements, 8 Extraordinary Channels
12 Animals Properties and Relations
37 Postures form with 178 applications
16 Postures form with 114 applications
Da Lu Skills and changes with partners

Self-Study and Reference

DVD Video "Tai Chi" Essentials
CD Audio Nei Gong Essentials
Text Book Wu Style Tai Ji Quan

Tao Teh Ching Lao Tzu (© 500 BCE)
translated by John Wu, Shambhala
Publications. Poetically rendered by
Mr. Wu, the fundamental principles of Lao
Tzu's Tao, Yin and Yang, "Integrity" and
"Great Way," 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
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Three Kingdoms A Historical Novel
Luo Guanzhong (© 1400 CE)
Translated by Moss Roberts
University of California Press. Insight
to all aspects of the ancient culture,
human relations, politics, and
practices of military strategy.

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 (© 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 theory.