

Canadian tour of  
seminars in  
**XINGYI QUAN**  
and  
**BAGUAZHANG**  
with  
**ANDREA FALK**



Winnipeg stop is June 16 and June 18, Tuesday and  
Thursday 7:00-9:00 pm, at the ChingWu Athletic  
Association, 213 Pacific Ave.

The eight move routine will be covered, in preparation for the  
anshenpao partner routine next time.

Andrea Falk has trained Chinese martial arts since 1972, learning in China since 1980.

She has trained xingyi and bagua since 1981. She learns xingyi with Di Guoyong in  
Beijing, for whom she has translated a three part book. She learns MaGui bagua from one  
of the few lineage holders, Li Baohua, in Beijing. MaGui bagua is a little known lineage  
even in China, and Andrea is responsible for spreading it in the West.

Andrea teaches at the wushu centre in the city where she lives - Montreal (1984 - 1988),

Victoria (1992 - 2003), and Quebec city since 2007. The Canadian seminar tour is a  
twice-a-year visit to maintain ongoing training groups that have been running since 2004.

Beginners and newcomers to the groups are welcome. Experienced martial artists from  
external styles often enjoy the new challenge of xingyi and bagua, and may even heal old  
injuries and lengthen their training lives.

Guelph May 30-31<sup>st</sup>, Medicine Hat June 6-7th, Winnipeg June 16-18<sup>th</sup>, Victoria June 20-  
28<sup>th</sup>, Halifax July 18-22nd. Training extravaganza Quebec city July 28-31.

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See details on the styles and on Andrea at [www.maguibagua.net](http://www.maguibagua.net) and [www.thewushucentre.net](http://www.thewushucentre.net)