

The Education Program Presents
Wednesday Evening Seminar
Spring 2017

March 15, 2017
6:30-8:30 pm

Wednesday Evening Seminar is an East-West Center student-led initiative supported by the Education Program and a generous gift from Richard H. Cox.

Art of Strength

This session will introduce the histories, concepts and philosophies of martial arts and meditation of different cultural traditions. Senior Instructor **Alan Lee** will talk about Karate's origin in the Ryukyu Islands (now known as Okinawa) in the late 19th century and its association with Chinese martial art, and how it began to be practiced in Hawaii. Grandmaster **Dong Zeng Chen** will share about his Taiji family history and how his grandfather, the founder of Dong style Taijiquan, started to learn Taijiquan and how his father and later generations pass on the art of Taijiquan around the world. Head Instructor **Charles Boyer** will present how meditation is related to martial art, how it teaches us to let go - of our constant striving, of our desire to control our surroundings, and how meditation reveals to us our original condition of being one with the universe. Participants will learn the basic practices of martial art and meditation. Each sub-session will close with a master-led kinesthetic participation activity. Please wear comfortable attires for participating.

East-West Center

Hawai'i Imin International
Conference Center

Keoni Auditorium

1777 East-West Road
Honolulu, HI 96848

- *Open to the public.*
- *Light refreshment will be served.*
- *In order to support sustainability efforts, Please bring your own cup, plate and utensils.*

Any views, findings, conclusions, or recommendations expressed by presenters and participants at the Wednesday Evening Seminar do not necessarily reflect those of the East-West Center.



Alan Lee

Senior Instructor of Karate,
Head of the Senbukai Goju Ryu
Karate Hawaii Shibu Dojo



Dong Zeng Chen

Grandmaster of Taijiquan,
Director of the Dong
Taijiquan Dao Academy



Charles Boyer

Head Instructor of Ki Aikido,
Lokahi Ki Societ

Alan Lee began his karate training in 1963 and holds the rank of nanadan (7th degree) with Senbukai Goju Ryu Karate and hachidan (8th degree) with the Hawaii Karate Kodanshakai. He currently teaches classes on Oahu in the Kalihi area.

Master Dong Zeng Chen is a grandson of the great Taijiquan Grandmaster Dong Yingjie. He is the head of the Dong family international Taijiquan association. With more than 50 years of experience, he teaches in Hawai'i and at workshops around the world.

Charles Boyer began training in Ki Aikido in the 1990s and has been the Head Instructor of Lokahi Ki Society since 2007. He holds the rank of 5th Dan Black Belt in Shin Shin Toitsu Aikido Kai. He also serves as the Board President for the Hawaii Ki Federation.