



KI-gong: Controlled breathing, and movement exercises designed to improve physical and mental well-being and prevent diseases

## GRAND MASTER EUN AM HONG CHONG KI



1/2 Price for members of Norges Kampsportsforbund (NKF)  
50% of the fee will be paid by the association .

# KI MASTER EXCLUSIVE SEMINAR Bergen 4 - 8 October 2010

This is an open invitation, no preparation or physical skills is necessary  
The first 20 paid registrations is automatically guaranteed attendance

### Alternative 1\*:

#### Monday

06:00-07:30

18:00-19:30

#### Tuesday

06:00-07:30

18:00-19:30

#### Wednesday

06:00-07:30

17:30-18:00 Theory

1800-1930

#### Thursday

06:00-07:30

18:00-19:30

#### Friday

06:00-07:30

17:00-18:30

18:00-19:30 Theory, finish

### Alternative 2\*:

#### Monday-Friday

1530-1630

If one is lacking ki in the body, the body will be weak. Ki gong exercise will help ki to flow by breathing, strengthening the body and in some cases preventing and curing disease. To flow the ki, one must regulate the breathing while relaxing the mind and body. In eastern medical theories Ki is more important than blood. Ki leads the blood to flow.

Learn the KI-gong technique and enjoy the feeling of KI energy flow smoothly through your body . The Korean Grandmaster Eun Am is a specialist in the body's ki energy and the internal balance /healing. He is a third generation medicine man from a highly respected family. The family has treated many prominent people, including presidents in Korea.

### Registration deadline: 1 September 2010

Time: 4-8 October 2010

Place: Bergen - Vågen Dojang

Ynglingen, Nedre korskirkealmenning 4

Price: Alternative 1: 2500 NOK / Alternative 2: 1500 NOK  
(50% for NKF members: Alt 1: 1250 NOK / Alt. 2: 750 NOK)

Registration: Only upon payment

Payment: Vågen taekwondo klubb konto: 3208.21.00139

(send confirmation of payment to email: [roar@kristoffersentaksering.no](mailto:roar@kristoffersentaksering.no))

\* Note: Changes in the program may occur  
Info: [www.vaagentkd.net](http://www.vaagentkd.net)