



Range Martial Arts *East*



Ki Gong: *with guest John Robertson*

Friday, March 22

6:00pm - 8:00pm

Introduction to ki gong

Saturday, March 23

9:00am - 4:45pm

Ki Gong (qigong)

Tai Chi Ki gong Shibashi

Intro to Haidong Gumdo ki
gong

Sunday, March 24

9:00am - 4:00pm

Yang 24 Tai Chi Ch'uan

Yin Yang 5 element theory and
Meditation

Leaders for this seminar weekend include **John Robertson**, level VII Master Ki Gong Instructor; **Ramona Wickstrom**, level VI Ki Gong Instructor; and **Justin Koivisto**, World Haidong Gumdo Federation master instructor. The host for this event is **Rebecca Ekmark**, level IV Ki Gong Instructor.

Session descriptions, times, and online registration found on our website:

<https://rmaeast.com/events/ki-gong-with-john-robertson>

The sessions are open to all experience levels, and all sessions are open to the public. (Must pre-register for lunch option)

Friday Introduction Only: \$20

Saturday or Sunday Only: \$40

Saturday & Sunday: \$75

All three days: \$90

Range Martial Arts *East*

<https://rmaeast.com>

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Located in the Thunderbird Mall
in Virginia!