

# CHEN TAIJI SEMINAR LAOJIA - OLD FRAME

WITH SIFU CYNTHIA SHAW

**Saturday, 29 April, 10am-3pm**

WAIPUKURAU KARATE DOJO, CHB COLLEGE



## **Chen Taijiquan**

Authentic Taiji or Taijiquan (Tai Chi Quan) is a martial art more commonly practised for good health than for self defence these days. The original style of Taijiquan was created by the Chen family in Henan Province of China. Taijiquan literally means 'yin yang fist'. The skill covers both external movement and internal training and Chen Taijiquan is characterised by its unique spiral energy used in its martial applications to 'throw' an opponent away.

The seminar will cover Taiji principles, silk reeling exercises and the main focus will be on review and learning Laojia or Old Frame.

Tea and some snacks will be provided. Bring lunch to eat and/or share and, if you like a favourite snack to share.

**Fee:** \$100 (Non-members \$172)

Confirm by Wednesday, 26 April. Bank Account Number for Direct Credit: 38 9004 0214568 01  
Or cash on the day by prior arrangement.

**Where:** Waipukurau Karate Dojo on CHB College grounds park at corner of Blundell and Svenson Roads. Contact Sifu /Sisuk Cynthia : 021 613 081  
[cynthia.isabel.shaw@gmail.com](mailto:cynthia.isabel.shaw@gmail.com) or Sifu Jennifer Leaf 021 298 6740 [jleafsmail@gmail.com](mailto:jleafsmail@gmail.com)