

CHEN TAIJI SEMINAR LAOJIA - OLD FRAME

WITH SIFU CYNTHIA SHAW

Saturday, 20 JULY, 10am-3pm

ST. FRANCIS PARISH HALL - 6 FERRY RD, CLIVE, HB



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.

Whether a beginner or polishing the form, the seminar will include some basic Tui Shou or push hands, Chan si jing or spiralling silk reeling energy

and, of course, movements from the Old frame or Laojia. 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 \$195)

Please confirm by Thursday 11 July. Bank Account Number for Direct Credit: [38 9004 0214568 01](https://www.bsb-ids.com.au/389004021456801)
Or cash on the day by prior arrangement.

Where: [St. Francis Co-operating Parish Hall, 6 Ferry Road, Clive, Hawke's Bay](#)

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