

# Taijiquan, Sword, Chen & Push Hands Seminars

## 2012



### Grandmaster Chung-jen Chang,

one of North America's most knowledgeable and experienced instructors of Tai Chi Chuan. Master Chang is especially well-known for his remarkable fluidity and flexibility, and amazing skill in Taijiquan form and application.



With **Grandmaster  
Chung-jen Chang**

**Location:  
YWCA Toronto**

### Saturday June 9

#### 1. Northern Shaolin Standing \$90\*

Foundation exercises for the Chen First Routine

9:30a.m. - 12:30p.m.

#### 2. Tai Chi Fundamental Principles and Push Hands \$90\*

Proper stance, movement and training exercises

2:00p.m. - 5:00p.m.

### Sunday June 10

#### 3. Chen Taiji Applications \$90\*

For Chen First Routine, Yilu

10:00a.m. - 1:00p.m.

#### 4. Two - Person Tai Chi Sword \$75\*

Bring a wooden sword if possible or wrap sharps

Eye protection is recommended

2:30p.m. - 4:30p.m.

### Chung-jen's seminars will cover:

*Shaolin Standing* is a graceful 10 movement qigong-like set that will help you develop a good foundation for all styles of Taijiquan, especially Chen.

*Tai Chi and Push Hands Fundamental Principles:* Increase your knowledge of Taiji and Push Hands skills. Suitable for all level practitioners.

*Chen Applications and 2-Person Sword:* Applications common to all styles of Chen Yilu Tai Chi Chuan. Sword techniques for all styles. Teachers can improve or add to their curriculum.

*A 1.5 hr lunch break is scheduled between seminars*

\*HST included.

Pre-register and pay by May 25th:

- Get \$5 off a single seminar.
- COMBINE AND SAVE: \$20 off any 2 seminars, \$25 off any 3.
- All day Saturday \$160 or Sunday=\$145
- All Weekend=\$300.

After May 25th, pay full price.

Add \$10 to each cost if paying at door, no specials.

Register in advance and save, avoid "sold out" disappointment.



Call Tai chi and Meditation Centre:

**416-465-6122**

or email us via: [www.powerofbalance.com](http://www.powerofbalance.com)