



NSW TAICHI WORKSHOP

Tai Chi Association of Australia

The content of this workshop is not targeted to beginners. It is ideal that you have practiced or at least familiar with traditional Yang style Tai Chi. Interaction with the teacher is encouraged for better understanding the topics.

Program	Yang Style – “Eight Five” form and application In-depth seminar of 13 Tai Chi foundation techniques through the traditional “Eight Five” form including: principles, history, variation, application of those foundation techniques and etc.
Instructor	Sifu James Gao Sifu James is a 6 th generation of traditional Yang Style Tai Chi practitioner with over 30 years of martial arts experience. His training covers both Yang Chengfu and Yang Banhou lineage of Yang style Tai Chi. Sifu James is a winner of multiple Push Hands competition. He emphasizes on equal importance of both forms and application training. You can find more information about Sifu James on his website: www.jinglingtaichi.com .
Time	From 1:30 to 4:00 pm, on 19 TH August, 2017
Venue	St John’s Church Hall, 74 Bland St, Ashfield NSW 2131
Fees	\$50 for TCAA members, and \$65 for non-members
	Tea-break: tea/coffee and biscuits will be provided.

Places are limited for this workshop.

Please RSVP by 12th August to Lina He: email linajane66@hotmail.com, or call 0424 985 838.

Payment can be made by cash at the gate or bank transfer to the following account prior to attending the workshop:

Name: Tai Chi Association
BSB: 062 196 A/C: 1060 4158

Membership No:

Fee: \$

Contact No:

Email:
