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TCAA

Tai Chi Association of Australia

TCAA 25th Anniversary Celebrations 澳大利亚太极拳协会25周年庆典

DATE Saturday, 22 February 2025, 9.00 - 16:30
VENUE Fitzroy Hall, 22 Church St, Burwood NSW 2134

The day's celebrations include Tai Chi seminars in the morning, a catered lunch, and Tai Chi Masters' demonstrations in the afternoon:

- 9:00 - 9:15** Registrations open.
- 9:15 - 10:15** Tai Chi forms with **Master Amy Li**.
Exploring the theory and applications of Song (松) in Tai Chi forms to seek inner balance and harmony.
- 10:30 - 11:30** Push Hands with **Master James Gao**.
Practicing Push Hands in Tai Chi way to improve your stability, sensing skills and Tai Chi Jin (劲).
- 11:45 - 12:45** Tai Chi Chuan combat with **Master Harvey Lee**.
Applying Taoist Yin and Yang principles in Tai Chi combat training.
- 13:00 - 14:30** Lunch break. A catered lunch will be provided.
- 14:30 - 15:30** Masters' demonstrations.
Renowned TCAA Tai Chi Masters will demonstrate a variety of Tai Chi styles.
- 15:30 - 16:30** Afternoon party and closing ceremony.
All registered participants will receive a souvenir bag containing a T-Shirt and the TCAA 25th Anniversary commemorative magazine.

COST \$90 for TCAA members
\$120 for non-TCAA members

RSVP Due to catering requirements,
please REGISTER AND PAY by
31 January 2025 at:
<https://forms.office.com/r/pYSVTLzynP>

Any question, please email:
tcaaadm@gmail.com



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