

Phoenix Tai Chi Chuan Academy

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A one day workshop offered by PTCCA principal instructor Eddy Ong

Venue:

Vale Farm Sports Centre, Watford Road, North Wembley, Middlesex, HA0 3HG (Dance Studio)

Date: 27/11/2010

Time: 2:30 pm - 7:00 pm

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Tai Chi for Health:

Tai Chi Chuan has a tradition stretching back hundreds of years as a powerful system of health for all age groups. With its beautiful flowing movements, its emphasis on maintaining structural alignment and on relaxing and letting go of all tension in the body, its health benefits have been experienced and reported by many practitioners over the years and increasingly confirmed through scientific research.

Tai Chi Chuan as a martial art

With its many benefits for health and well being, Tai Chi is practised by many solely for this purpose. As the term Chuan (fist) suggests, however, it is a martial art, but one that does not rely on brute strength. With regular, accurate practice, everyone, young or old, men or women, can learn to use its techniques.

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Light snacks and drinks will be provided during the interval

The aim of the workshop will be to:

- Focus and explain this self defence aspect of the art
- Understand and train the aspect of self-defence that is necessary i.e. keeping calm and building confidence

It will explore different principles of Tai Chi Chuan i.e. using mind and not strength, "full and empty" and their translation into martial art techniques.



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Tai Chi Workshop

Name _____

Tel No _____

Address _____

Fee Phoenix Tai Chi Chuan Academy Members £25 Non-Members £30

**Payment to be made by Thursday 18th of November 2010 (Cash/Cheque payable to ZLTC).
An additional £10 will be charged after this date. All payments are non-refundable.**

Note: Please book early, as places cannot be guaranteed .

I understand that this is a practical workshop and that injury sustained will be my own responsibility.

Signed _____