

Chen Shi Taiji Quan Workshop

Conducted by Master Peter WU



Friday Feb 24 **Day One**

- Demonstrate Chen Style movements to explain Taiji Quan Fundamentals
- How to use Reeling Silk force (Chan Si Jin) in Taiji
- How to use Six Harmony (Li San He, Wai San He)

Saturday Feb 25 **Day Two**

Master Wu demonstrates and teaches you in person the authentic Chen 13 form step-by-step, including practical application and distinctive features for each movement

Sunday Feb 26 **Day Three**

Push hands demonstration and practice, including single and double push-hands and its application
Experience "Four ounces deflect one thousand pounds"

"Tai Chi is the mother of Yin and Yang"

Master your own strength through Tai Chi - Yin & Yang in harmony

The workshop details can be found at www.meridian-connection.com.au

**TO SECURE THIS RARE OPPORTUNITY AND LEARN FROM A TRUE TAI CHI MASTER,
REGISTER NOW**