

# Chen Shi Taiji Quan Workshop

Conducted by Master Peter WU



March 23

## Day One

- Warm up exercise, Jin (internal energy/force) extension training step-by-step
- Demonstrate traditional Chen Style movements and explain Taiji Quan Fundamentals through movements
- Interactive practice with martial arts application to develop deeper understanding of learned movements and Tai Chi principles

March 24

## Day Two

- Develop Sensing Jin (Ting Jin) through pushing-hands
- Demonstrate the power of Jin (moving whole body as one)
- Interactive practice with personal instruction from Master Wu in pushing hands (single and double pushing hands)

"Tai Chi is the mother of Yin and Yang"

From learning the movements to comprehend the principle of Jin (internal force)

The workshop details can be found at [www.meridian-connection.com.au](http://www.meridian-connection.com.au)

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