

Canadian Institute of Tai Chi

Tai Chi Sword/ PushHands Workshop

Max 20 People

Sunday March 31st

- 11:30am-2:30pm
Tai Chi Sword

- 3-6pm Tai Chi
Pushhands/Applications

11:30am - 2:30pm

(All levels welcome. Please bring your own Tai Chi Sword available at most Martial arts retailers)

1. The tool of the Tai Chi sword teaches us to extend our energy and awareness beyond ourselves, and into the sword. The sword becomes an extension of our body and mind.

2. We will be focusing on learning the Peking 32 Tai Chi Sword form, step by step. We will also be exploring core exercises designed to help understand flow and movement with the sword.

Location

St. James Community Square
Room #104
3214 West 10th Ave
Vancouver BC V6K 2L2

Other info

Please bring snacks and plenty of water for yourself. There will be a 30min break between 2:30 and 3pm.

Shorter breaks will be provided during the course of each workshop to give you a chance to recharge.

3pm-6pm Applications/ Pushhands

(All levels welcome. Participants should have moderate balance to attend this portion of the workshop)

This is the other half of Tai Chi, teaching us to bring a relaxed and centered disposition into a more dynamic and pressurized setting. The tool of Push/sensing hands and applications training gives us priceless feedback on how to progress further in our solo practice.

Its easy to deceive ourselves when we are our only source of feedback, which is why this leg of the training is such a powerful tool.

1. Grounding; the ability to redirect force down to the ground is a fundamental skill in Tai Chi and will be explored.

2. Sensitivity training through various push hands sets. Similar to the sword training from the morning, we learn to bring our awareness beyond ourselves, to incorporate, in this case, our training partner.

Fees

11:30am - 2:30pm \$90

3 - 6pm \$90

Full day \$180

To register please send an e-transfer to Nathan Szredni at canadian.institute.of.tai.chi@gmail.com
Registration deadline is March 28th

Please note there are no refunds. Once registration has been completed it is not transferable to future events.

Future workshop dates

Sunday April 28th