

2023 SEMINARS WARRINGTON UK

CHEN ZIQUIANG

SWORD FORM

NEW FRAME FIRST FORM

PUSH HANDS FUNDAMENTALS



Train with the Chief
Coach of the Chen
Village Taijiquan
School

MARCH 8-12TH

**CHEN TAIJQUAN
- 400 YEARS OF
CONTINUOUS
TRANSMISSION**

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CHEN ZIJIANG SEMINAR TOPICS 2023

We look forward to welcoming Chen Ziqiang back after the enforced pandemic break.



Chen Taijiquan Sword (Jian) Form

The Taiji sword (jian) is a weapon characterised by nimbleness and agility. This is reflected in the traditional saying that "the sabre is like a ferocious tiger, the sword is like a swimming dragon". Practising the sword form develops flexibility and expansion of the major joints and stable controlled footwork. The seminar will focus upon the Chen Taiji sword form – one of the oldest weapon forms in the system.

Wed-Fri 8-10th March 6.30-9.00pm

Cost: £130 (£115 CTXX-UK members)

Venue: Culcheth High School, Warrington Rd, Culcheth, Warrington WA3 5HH

Push Hands (Tuishou) Fundamentals

Taijiquan push hands drills are used to explore the different types of internal energy (jin) and is dependent primarily on the sense of touch. It involves two people making contact, adhering to each other using Taijiquan's relaxed spiral movements trained in the form. The workshop is aimed at the study of the method and the principle of push hands in Chen Taijiquan.

Wed 8th March 10.30am-12.30pm

Fri 10th March 12.00-2.00pm

**Venue: Birchwood Leisure and Tennis Complex,
Benson Rd, Birchwood, Warrington WA3 7PQ**

Cost: £55 (£40 CTXX-UK Members)

Xinjia Yilu (New Frame First Form)

The 83 posture Xinjia Yilu (New Frame, First Routine) was devised by 17th Generation Chen Master Chen Fa Ke, The form contains more obvious spiral and rotational movements than the Laojia Yilu form and more clearly contrasts fast and slow movements, designed to store energy, followed by movements that expel energy. The practice of the new frame adds to one's understanding of the Laojia Yilu form.

Sat&Sun 11&12th March Sat 10.00-12.30am & 2.00-4.30pm

Sun 9.30-12.00 & 1.30-4.00pm

Cost: £145 (£125 CTXX-UK members)

Venue: Sat: Culcheth High School, Warrington Rd, Culcheth, Warrington WA3 5HH

Sun: Padgate Academy Leisure Centre, Insall Rd, Padgate Warrington WA2 0LN

I will be attending the following seminars:

A. Chen Taiji Sword Form

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B. Push Hands Fundamentals

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C. Xinjia Yilu (New Frame First) Form

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NAME:

EMAIL:

TEL: