

2024 SEMINARS WARRINGTON UK

CHEN ZIQUIANG

CHEN TAIJIQUAN - 400 YEARS OF CONTINUOUS TRANSMISSION

SWORD FORM
OLD FRAME FIRST FORM
PUSH HANDS BASICS

MARCH 6-10TH



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CHEN ZIQIANG SEMINAR TOPICS 2024

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 6-8th March 6.00-9.00pm

Cost: £140 (£120 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 6th March 12.30am-2.30pm

Fri 8th March 2.00-4.00pm

Cost: £55 (£45 CTXX-UK Members)

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

Laojia Yilu (Old Frame First Form)

The Laojia Yilu (Old Frame First Form) is often referred to as the "Gongfu Form" of Chen Family Taijiquan. Training this form provides a solid foundation for the more advanced skills of the system. The Old Frame routine helps us to understand all of the postural and movement methods of Chen Taijiquan and has been trained by many generations of Chen Village practitioners.

Sat&Sun 9-10th March Sat 11.00-1.30pm & 3.30-6.00pm

Sun 9.30-12.00 & 1.30-4.00

£145 (£125 CTXX-UK members)

Venue: Sat: Birchwood Leisure and Tennis Complex

Sun: Culcheth High School



**I WILL BE ATTENDING THE
FOLLOWING SEMINARS:**



A.Chen Taiji Sword Form

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B. Push Hands Basics

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**C. LaoJia Yilu (Old Frame
First Form)**

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NAME:

EMAIL:

TEL:

Payment by cash only

CHENJIAGOU TAIJIQUAN GB