

2025 SEMINARS WARRINGTON UK

CHEN ZIQUIANG

CHEN TAIJIQUAN - 400 YEARS OF CONTINUOUS TRANSMISSION

SWORD FORM
OLD FRAME FIRST FORM
STANDING POLE/REELING SILK
PUSH HANDS BASICS

FEB 26 - MAR 2



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CHEN ZIQIANG SEMINAR TOPICS 2025

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 26-28th Feb 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.

Thu 27th Feb 2.45-4.45pm

Cost: £28 (£23 CTXX-UK Members)

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

Standing Pole/Reeling Silk

A short workshop exploring the jibengong or core basic training methods of Chen Style Taijiquan. Suitable for all students.

Fri 28 Feb 2.00-4.00pm

Cost: £28 (£23 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 1&2 March Sat 9.30-12.00 & 2.00-4.30pm

Sun 9.30-12.00 & 2.00-4.30pm

Cost: £145 (£125 CTXX-UK members)

Venue: Culcheth High School, Warrington Rd WA3 5HH



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. Standing Pole/Reeling Silk

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D. LaoJia Yilu (Old Frame First Form)

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NAME:

EMAIL:

TEL:

Payment by cash only

CHENJIAGOU TAIJIQUAN GB