

CHEN TAIJQUAN SEMINAR

with CHEN ZIQIANG



20th Generation of the Chen Family

11-15th Mar (Warrington)



Standing Pole / Reeling Silk
Laojia Yilu (Old Frame First Form)
Spear Form
Push Hands

BOOKING YOUR PLACE:

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CHEN ZIQIANG SEMINAR TOPICS 2026

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.

Wed/Thu/Fri 11-13th Mar 6.00-9.00pm

Cost: £140 (£120 CTXX-UK members)

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

Standing Pole/Reeling Silk

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

Thu 12th Mar 2.00-4.00pm

Cost: £30 (£25 CTXX-UK Members)

Venue: to be confirmed

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.

Fri 13th Mar 2.00-4.00pm

Cost: £30 (£25 CTXX-UK Members)

Venue: to be confirmed

Chen Taijiquan Spear (Qiang) Form

The Chen Taijiquan Spear Form is a dynamic practice that trains whole-body connection, spiralling force, and precise intention through continuous movement. Known as the “King of Weapons,” it develops strong rooting, agile and coordinated footwork, and the ability to issue power smoothly from the ground to the spear tip. Practice enhances balance, awareness, and core Taijiquan skills that directly support empty-hand training.

Sat & Sun 14&15th Mar

Cost: £140 (£120 CTXX-UK members)

Venues:

Sat 14th Mar 9.00-11.00am and 1.00-4.00pm

Birchwood Leisure Centre, Benson Rd, Birchwood, Warrington WA3 7PQ

Sun 15th Mar 10.00- 12.30 and 2.00-4.30pm

Bedford High School, Manchester Rd, Leigh WN7 2LU



I WILL BE ATTENDING THE FOLLOWING SEMINARS:

A. Laojia Yilu (Old Frame First Form)

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B. Standing Pole/Reeling Silk

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C. Push Hands Basics

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D. Chen Taijiquan Spear Form

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NAME:

EMAIL:

TEL:

***Payment by cash only**

CHENJIAGOU TAIJIQUAN GB