

Dong Yue Taiji Short Staff (Duan Gun) Workshop



Proudly presented by



Introduction to the Short Staff as a martial arts weapon
Foundation Skills and Techniques specific to the use of Short Staff as a weapon
Integration of those skills into the Dong Yue Short Staff Form 1

What is Dong Yue Taiji?

Dong Yue (East Mountain) Taiji was created by Professors Men Hui Feng & Kan Gui Xiang to commemorate the New Millennium. Professor Men presented the style to the world atop Tai Shan on 1 January 2000. Dong Yue focuses on the concepts of Heaven, Earth and Man, combining the very best of the internal martial arts Taiji, Xingyi, Bagua, Baji, Chuo Jiao and Fanzi to create a harmonious and rich expression of Qi flow and balance. Many people consider Dong Yue Taiji to be the Taiji of the 21st Century as it unites diverse martial systems into a cohesive whole.

Duan Gun or Short Staff

The Duan Gun or Short Staff (usually 13 hands in length) is the oldest weapon known to man. Picked up in the forest to strike animals or to ward off invaders, the Duan Gun continued to be used by peasants throughout the ages as an affordable, accessible means of self-defence. Wushu practitioners turned the use of this weapon into an art form and today we see it being used not only as a martial weapon, but also as a way of cultivating internal energy and wellbeing through both the martial arts and Qigong – a simple weapon with complex history.

Master Tara Brayshaw

Master Brayshaw has been studying Taijiquan & Qigong for nearly 25 years and has a 5th Duan in Wushu from the Chinese Wushu Association & a 3rd Duan in Health Qigong from the Chinese Health Qigong Association. She trained with the creators of Dong Yue Taiji, Professors Men Hui Feng and Kan Gui Xiang as well as pursuing ongoing training with their disciples. She is passionate about Dong Yue Taiji and has studied many of the forms in the system inc. jian, dao & qiang. We know you will benefit enormously from Tara's knowledge and warm, generous teaching skills.

When: Sunday 5th March 2017

Time: 1.30 to 5.30pm

Where: Sea Scout Hall, 7 Aquatic Drive, Albert Park

Cost: \$145 for JinLi & WTQA Members \$165 for Non-members

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Bookings: www.jinli.com.au/login