Yang Taijiquan - From Form to Push Hands

with

Sifu James Gao

Proudly presented by

JINLI WUSHU-TAI CHI

静灵 JING LING TAI CHI ACADEMY

Workshop Eight

Internal power, structure and mind control are at the core of Push Hands Jins (Skills). Without them, you cannot give your focus totally to your opponent and develop the required sensitivity. The only way to train your body and mind to that level is through form.



This series of workshops will feature in-depth training in the Yang Style traditional 8-5 Form. Each aspect of the form will be studied in detail. Each movement will be drilled to ensure the body and mind are working as one, then that knowledge will be applied to developing Push Hands Skills.

There will be physical contact for the Push Hands component of the workshop but no aggressive movements or takedowns.

Workshop suitable for people with some Tai Chi Experience



Sifu James Gao -

Sifu James Gao is a 6th Generation Traditional Yang Style Tai Chi master, with a lineage to Grand Master Yang Chengfu. He has over 40 years of martial arts experience, from internal as well as external styles. While hands-on in both forms and Push Hands/Application Training, Sifu James, through his research, has gained a wealth of knowledge in classic Tai Chi and other Chinese Internal Martial Arts theory. His ability to articulate the essence of this theory and how to apply it is well-regarded by his peers and students.
Detail of his profile can be found at: https://jinglingtaichi.com/about/



When: Sunday 7th February 2027
Time: 10.00am to 4.00pm
Where: Studio 14, 1/14 Pakington Street, St Kilda
Cost: $225
More Info: www.jinli.com.au/whats-on
Enquiries: info@jinli.com.au 0407 941 101
Bookings: www.jinli.com.au/login