

Yang Taijiquan - From Theory to Application

with
Sifu James Gao

Workshop One

Proudly presented by



Self-Cultivation

Utilising Traditional Yang Style movements as the basis for self-development and form understanding.

Theory

Using Yang Chengfu's 10 Guiding Principles of Practice for theoretical knowledge

Application

Employing Push Hands as the method for sensitivity and application training.



This unique series of workshops will focus on using the Yang style traditional form as the base for self-development, the Ten Guiding Principles of Practice as the theory and Push Hands as the method for sensitivity and application training. Each workshop will take you through a few movements from the Yang Form; teaching you the movement and application, layering it with the theoretical concepts, then applying it to teach you sensitivity and an understanding of Tai Chi Jing. *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 lineages to both Yang Chengfu and Yang Ban Hou. 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 12th February 2023
Time: 10.00am to 4.00pm
Where: Sea Scout Hall, 7 Aquatic Drive
Albert Park
Cost: \$195
More Info: www.jinli.com.au/whats-on
Enquiries: info@jinli.com.au 0407 941 101
Bookings: www.jinli.com.au/login

