



# Grand Master Chen Zhenglei Toronto 2008 Seminar

To register by phone: 416-677-3886 ask for Lee Chew  
To register by email: jack.yan@taishanclub.com

## November 08 – Push Hands

@ Taishan School of Martial Arts – 165 East Beaver Creek Rd. U26, Richmond Hill, ON  
9:00 am – 5:00 pm \$150.00 One Day (All Taxes Included)

- Chen Style Taijiquan 5 Push Hands Methods**  
 The full day hands-on Push Hands seminar will cover the Chen Style Taijiquan 5 Push Hands Methods. The workshop will provide in-depth instructions on the 5 Push Hands Methods and supplementary exercises.
- How to Training for and Apply Explosive Power (Fa Jin)**  
 Building and applying internal power always mesmerize a keen practitioner, however many are also frustrated by it. Grand Master Chen will introduce the basics how to train for and apply explosive power, the so called Fa Jin (sometimes noted as Fa Jing).
- Chen Style Taijiquan Grappling in Push Hands (Qin Na)**  
 Push Hands as an exercise to improve one's ability to understand the opponent has developed into a competition sport of its own – hence Push Hands Competition. However it is also effective in combative applications. Commonly used are the grappling applications. This workshop will also cover fundamentals of Chen Style Taijiquan Qin Na (grappling).
- Chen Style Taijiquan Push Hands Applied in Sanshou**  
 Push Hands training can greatly improve a non-Taijiquan practitioner's skills in Competition Sanshou. Techniques and skills gained from Push Hands training will give a Sanshou athlete great advantage when engaged in close range or in contact situation in a fight. This workshop will cover how to apply Push Hands Techniques in Shanshou. Even if you are not competing in Sanshou, understanding how to apply these techniques will greatly improve your self-defense capabilities.



## November 09 – Chen Style Taijiquan for Health and Fitness

@ Taishan School of Martial Arts – 165 East Beaver Creek Rd. U26, Richmond Hill, ON  
9:00 am – 12:30 pm \$50:00 (All Taxes Included) 1:30 pm – 5:00 pm \$50.00 (All Taxes Included)  
For both sessions from 9.00 am – 5.00 pm \$88.00 (All Taxes Included)

Have you been thinking of start learning Taijiquan but don't know where to start? This seminar is the perfect starting point. Are you a Taijiquan instructor? Join this seminar and learn a complete set of Taijiquan exercises for your beginner students.

- Session One - Chen Style Taijiquan Qigong for Health**  
 Taijiquan is known for its great effect on improving one's health and fitness. Chen Style Taijiquan has a complete system for maintaining health. Regardless of one's physical condition, these exercises work on the postures, muscle tone, breathing, circulation, flexibility, as well as on the internal vital energy know in Chinese as the "qi". A set of simple yet effective Taijiquan Qigong exercises will be taught.
- Session Two - Chen Style Taijiquan Essential 18 Forms**  
 Chen Style Taijiquan Essential 18 Forms is the most practiced Chen Style Taijiquan routine for beginners as well as for people with a busy life. Moves in this routine are all original without being watered down for simplification. It is named essential because this short routine cover all important exercises in Chen Style Taijiquan. It is beautifully choreographed and retained the authentic feel and tough of the ancient art of Taijiquan.

## Gala Dinner: November 08

Location to be Determined  
\$35 / person (All Taxes Included. Book of 10 tickets available)

- Theme: Master Chen On Special Characteristics of Chen Style Taijiquan**

At the dinner, Grand Master Chen will introduce Chen Style Taijiquan. The topic covers how to judge if a practitioner is performing a Chen Style Taijiquan routine at the level of certain competency, how to spot problems, and how to apply the standard requirements in practicing and/or judging Chen Style Taijiquan. It will be greatly beneficial to people who wish to have a fundamental understanding of Chen Style Taijiquan and for competition judges who are not familiar with this particular style of Taijiquan.



**Taijiquan Judge Certificate Training: Date and Location TBA. Call for details.**