

WUDANG TAI CHI CHUAN

AMSTERDAM WORKSHOP

1- 2 OCTOBER 2011



TUI SHOU - TRADITIONAL & FOR COMPETITION - PRINCIPLES & PRACTICE



Welcome to a weekend seminar in Pushing Hands with roots in the Wudang Practical TCC tradition.

We will be covering principles, techniques & do a lot of partner work:

- Fixed Step - orthodox & free
- Moving Step - orthodox & free
- Differences: moving - fixed, rooting & mobility, yielding & void
- Timing, positioning & structure

Time: 1- 2 October 2011. 10.30 - 17.00.

Place: Gymhall "Villa Bons", Galileiplan 39, 1098 LW Amsterdam, Holland

Price: Weekend: 100 Euros, One day: 55 Euros.

Registration dkroes@taijiquan.nl workshop Paul Silfverstrale

Payments: CMMH Kroes

Bic code bank = INGBNL2A

IBAN number = NL05INGB0755068785 okt. 2011 workshop Paul Silfverstrale