

# BRISTOL TAI CHI CLASSES 2010 WITH MASTER CHEN XIAO WANG

## **Saturday and Sunday 5/6 June 2010**

Two days of fundamental training in the main form of Chen Tai Chi the Laojia or old frame. Coupled with some standing and silk reeling this is an excellent opportunity to work with Master Chen on foundation of Chen style Tai Chi. We will work through sections of the form and then Master Chen will answer questions or correct postures. Cost for half days is £40.

9:30am - Standing Practice and Silk Reeling exercise.

12:30

2pm - Laojia form

4:30pm finish

Cost in advance £70 (£80 cash on the door) per day

## **Push Hands with Applications - Monday 7 June 2010**

Master Chen will teach the routines and applications of Chen style Push Hands. These exercises help to apply the skills developed in the Tai Chi form. Excellent two person training exercises. The day will include push hands patterns, the development of Peng skills and Chin Na. It is important that you know the push hands patterns so please do get in touch before booking so I can discuss this.

Monday 9:15 – 3:45pm

Cost in advance £70 (£80 cash on the door)

If you require further information then please don't hesitate to get in touch 0117 9493955 or 0781 1566791.

Saturday and Sunday at Henleaze Infant School, Park Grove, Bristol

Monday at Kelvin Players Hall, 253 Gloucester Road, Bishopston, Bristol

1. To receive the discount you will need to book by 15 May,
  2. Make cheque payable to **CHEN XIAO WANG**
  3. Please put you card number on the reverse of the cheque
  4. Send booking form to The Bristol School of Tai Chi, 11 Laurie Crescent Henleaze, Bristol BS9 4SZ
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## **Booking Form - Master Chen Xiao Wang – 2010**

Saturday Whole day  Sunday Whole day

Saturday half day  Sunday half day

Monday push hands

Your Name : \_\_\_\_\_ Telephone Number : \_\_\_\_\_

Address : \_\_\_\_\_

Postcode : \_\_\_\_\_

Email : \_\_\_\_\_