

Yang Taijiquan - From Theory to Application

with
Sifu James Gao

Workshop Three

Proudly presented by



Self-Cultivation

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

Theory

Using Zhang Sanfeng's "Taijiquan Classic" for theoretical knowledge.

Application

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



The third in this unique series of workshops will give us an opportunity to review and refine Péng and Lǚ Jìn, work on the foundations of Jǐ and Àn Jìn, using Yang style traditional form as the base for self-development, Zhang Sanfeng's "Taijiquan Classic" as the theory and Push Hands as the method for sensitivity and application training. You will be taken through a few form movements to develop an awareness of the concept; teaching you movement and application, layering it with the theoretical concepts, then applying it to teach you sensitivity and an understanding of Tai Chi Jìn through Push Hands drills. *There will be physical contact for the Push Hands component of the workshop but no aggressive movements or takedowns.*

Suitable for people with some Tai Chi Experience. Don't worry if you haven't attended previous Workshops.



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 6th August 2023

Time: 10.00am to 4.00pm

Where: Inner Melbourne TBA

Cost: \$195

More Info: www.jinli.com.au/whats-on

Enquiries: info@jinli.com.au 0407 941 101

Bookings: www.jinli.com.au/login

