



# CHEN FOUNDATION FORM WORKSHOP

Continue to develop your Taiji and progress in this deeply layered art with 2 hours dedicated to form work.

During this workshop we will continue to work on the underlying principles of Chen Taijiquan to help create internal connections and give more depth to your understanding of the frame.

The practice of Chen Taijiquan increases body awareness, mental resilience and a sense of well-being. Once the principles are understood and integrated into the body, this form gives you the building blocks for learning more advanced forms along with self-defence techniques.

Suitable for all Chen Taijiquan practitioners, we will review the movements from the last workshop and progress through the next movements of the form. As usual with Jian Taiji teaching, our 2 teacher approach means there will always be one of us on hand to help and guide you on your path whatever your current level.

Payment required in advance to ensure your place.

Ring us on 0754 945 3513 or e-mail [jispiral@aol.com](mailto:jispiral@aol.com) to book your place.

Sunday 9th December 2018 1-3 pm & Sunday 20th January 2019 1-3 pm  
at Wright Robinson Leisure, Abbey Hey Lane, Gorton, Manchester  
£12 each for school members, £15 non members

JIAN TAIJI – DEDICATED TO CHEN TAIJIQUAN SINCE 1996