

Workshop – How to Apply Yin Yang Principles in Your Tai Chi Training

with Sifu James Gao

Proudly presented by



“Tai Chi is the mother of Yin and Yang.”

Deep dive into Wang Zhongyue’s
“Taijiquan Treatise”

- The oldest Tai Chi transcript ever
discovered.

*“From mastering the
movements to comprehend
the principle of Jin.”*

Apply Yin Yang principles in
your Solo (form) training.

*“Four ounces deflect
one thousand
pounds.”*

Yin Yang principles at
work in Push Hands.



This workshop is designed to help you learn how to apply one of the fundamental principles of taijiquan to both form and push hands applications. The training will utilize basic Yang Style movements all practitioners will be familiar with. There will be physical contact for the Push Hands component of the workshop but no aggressive movements or takedowns.

Workshop suitable for people with some Tai Chi Experience

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/>

We are extremely honoured and privileged that Sifu James has agreed to conduct this workshop for us while he is in Melbourne.

When: Sunday 16th October 2022
Time: 10.00am to 4.00pm
Where: Sea Scout Hall, 7 Aquatic Drive
Albert Park
Cost: \$195
More Info: www.jinli.com.au/whats-on
Enquiries: info@jinli.com.au 0407 941 101
Bookings: www.jinli.com.au/login

