

Workshop – A Detailed Look at Horsetail Whisk (Fuchen)

Proudly presented by

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Introduction to the Horsetail Whisk as a martial arts weapon
Detailed Foundation Skills Training and Techniques specific to the use of Horsetail Whisk
Integration of those skills into a short Yang Style Taiji Routine

About the Fuchen

The Fuchen (Horsetail Whisk) is an unorthodox weapon that truly combines the Yin and Yang with a hard handle and soft, whip-like tail that can be used to aim for pressure points and strike, block, deflect, attack, and more importantly, snatch an opponent's weapon then counter-attack. This is often a surprise to the opponent(s) in a fight or competition.

Traditionally, the Horsetail Whisk was used as an instrument for Taoist and Buddhist monks to symbolise cleansing of stress, evil thoughts and energy. They were sent out into the wilderness with the Fuchen and nothing else, to remind them of their vows and to use the tool to remove evil influences. However, over time many of the day-to-day objects that were found in monastic life also doubled as weapons. The horsetail whisk was no exception, being employed to protect both individuals and the monastery from attack using techniques taken from broadsword, straight sword, whip and dart.

This workshop is designed to focus on the martial aspects of the Fuchen, where you can learn to utilise it as a training tool and extension of your body to: develop body awareness, the ability to balance the Yin and Yang, find softness outside and hardness on the inside, focus on core strength and learn how to use the body more efficiently.

Raymond Lee - BPhy, DipDNMyofTh, Grad Dip ManipTh, Accredited Clinical Pilates Physiotherapist, Accredited FFT® Practitioner, CKTP®

Raymond Lee (5th Duan) is the highest graded Kungfu & Taiji instructor with a Physiotherapy qualification recognised by the Chinese Wushu Association, and a two-time International Martial Arts Hall of Honours Inductee as both Master of the Year and for his excellence in teaching. Fuchen is Raymond's favourite weapon having trained extensively in its use both in Hong Kong and the USA. He believes it is the embodiment of Taiji, presenting both Yin and Yang in the weapon itself, and the energy cultivation derived from its use. Having such a rich background in both the martial arts and in holistic health practices ensures you will not get such in depth tuition anywhere else. We are extremely honoured and privileged to have Raymond agree to conduct this workshop for us.

When: Sunday 17th June 2018

Time: 2.00 to 5.30pm

Where: Sea Scout Hall, 7 Aquatic Drive, Albert Park

Cost: \$145 for JinLi & WTQA Members \$165 for Non-members

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

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

Bookings: www.jinli.com.au/login

*Workshop suitable for
both Beginner and
Advanced Students*

You will need to bring your own Fuchen. If you don't have one, we have various styles available for purchase at discount prices.