

Understanding Yang Style Taijiquan Biomechanics and Martial Applications



- 👉 Learn a variety of martial applications for standard Yang Style Taijiquan movements 👉
- 👉 Understand the biomechanics behind each of the techniques 👉
- 👉 Improve your health and skills when performing those movements in a routine 👉

This workshop is designed to help you learn the martial applications and biomechanics behind a select group of the most commonly used and recognised Yang Style Taijiquan movements. From this knowledge, you should be able to apply the principles to nearly all of your Yang Style practice, improving your form, health and internal strength while having a better understanding of how to apply the 10 Important Principles of Yang Style Taijiquan through practical experience.

Please Note: There will be physical contact throughout the workshop but no aggressive movements and no throws.

This Workshop is definitely suitable for both Beginner and Advanced Students

Workshop Conducted by



Raymond Lee (BPhy, DipDNMyofTh, Grad Dip ManipTh, Accredited Clinical Pilates Physiotherapist)

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. Raymond has trained extensively in Hong Kong and the USA. Having such a rich background in both the martial arts and in physical health practices ensures you will not get such in depth tuition anywhere else.



Tara Brayshaw

Tara Brayshaw (5th Duan in Wushu and 3rd Duan in Health Qigong) has trained extensively both here and in China with such notable teachers as Grand Master Chen Xiao Wang, Professors Men Hui Feng, Kan Gui Xiang, Yang Li, Liu Yu Ping, Wang Xiao Jun and Liu Xiao Lei. She has been a Nationally Accredited Sporting Coach, underwent the Beijing Sport University Taijiquan Coach Accreditation Program and the International Health Qigong Instructor Program. You will definitely benefit from her knowledge and warm, generous teaching skills.

When: Sunday 24th February 2019
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

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