

COMING IN SEPTEMBER

9th, 16th, & 23rd

Chen's Style

"56 Move"

Competition Form ~ Part I

*Tai Chi that moves like flying clouds & flows like water,
yet explodes like a cannon with unexpected power.*

Join Grand Master Lin as he and Master Tokuda as well as several senior students introduce and teach Chen's Style Tai Chi "56 Move" competition form. Created from combining the Chen Style "Old Frame" and "Cannon Fist" forms, grace and beauty, along with the varied pace of slow and fast movements give this Chen form the ability to attract young and old alike.

The beginning of the journey is formation, where the student learns the structure of classic Chen Tai Chi postures, stepping & footwork, Chen Style Silk Reeling training, and also the beginning movements of the Chen Tai Chi "56 Move" competition form.

The lessons are just starting, Grand Master Lin has special knowledge to impart. This exciting subject will provide the Tai Chi student with a deeper knowledge of Tai Chi power and skill, while the Kung Fu student is introduced to the deep well of martial arts that is Tai Chi. Chen is a life time pursuit, decide what you think after you have practiced 1,000 times.

Bring a notebook, something to write with, and your liniment.

SEPTEMBER

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Saturday Mornings

10:00~12:00