

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present:



YANG FAMILY 16-MOVEMENT TAIJIQUAN FORM



3-CLASS SESSION
with **GEORGE WILKINSON**

TUESDAYS, 5:15 to 6:15 pm
APRIL 12, 19 & 26, 2016

Fee: \$30.00

Place: Epiphany Memorial Hall
19A Holborn Ave at Briscoe St W, London ON
(1 block west of Wharncliffe, 2 blocks north of Emery)



The Yang Family 16-movement Taijiquan was designed by Grandmaster Yang Zhen Duo, son of the third generation Grandmaster of the Yang Family Yang Cheng Fu. It is a very formal set. It is intended as a prescriptive sequence which establishes a benchmark for how the Yang style is to be performed.

While eventually one may depart from this style in pursuit of their own expression of Taijiquan, it gives an excellent foundation and is a very good form for the beginner student.

George follows the sequence laid out by Sifu Steve Higgins of Cold Mountain Internal Arts who in turn was taught the form by Grandmaster Yang Zhen Duo.

George has been an assistant instructor at Phoenix T'ai Chi Centre for several years. He teaches the Long Form 108 and the Short Form 24. George has an easy-going teaching style with an attention to detail.

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