

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present a:



T'AI CHI DOUBLE FEATURE

SATURDAY, JUNE 3, 2017

YANG FAMILY 16 FORM
with **GEORGE WILKINSON**
9:30 to 12:00

YANG 32 SWORD FORM
with **STEVEN HOLBERT**
1:30 to 4:00

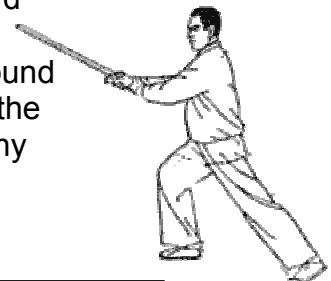
**Fees: \$30 for either workshop
or: \$50 for both workshops**

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 is intended as a prescriptive sequence which establishes a benchmark for how the Yang style is to be performed. The form gives an excellent foundation and is a particularly good form for the beginner student. George welcomes those who are new to the 16 form and those who participated in his 3-class session last March.

In the afternoon, Steven Holbert will work on the 32 Yang sword form. This set was developed under the Communist Party government and has become very popular in China and all around the world. Students will learn the fundamentals of sword use, the basic postures of the set and the transitions in the choreography of the sword form.



Visit our website at: www.phoenixtaichi.ca
or call: 519-439-8875