

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present:



‘EASY TAI CHI’ STICK FORM

with **NINA ROY**

SATURDAY, NOVEMBER 25, 2017

9:30 am to 4:00 pm

(lunch break, noon-1:30)

Fee: \$50.00

Place: Epiphany Memorial Hall

19A Holborn Ave at Briscoe St W, London ON

(1 block west of Wharncliffe, 2 blocks north of Emery)



Nina's description:

- The Tai Chi stick form is a non-traditional Tai Chi weapons application. The Stick or Walking Stick is an appropriate weapon for the modern world. Imagine going into a mall today carrying a sword or spear. That may get one arrested. But carrying or using a walking stick would not raise an eyebrow. Thus it becomes an excellent defense instrument, particularly for older people.
- Originally these Stick forms were developed in China by Grandmaster Tchoung Ta-tchen who championed the modern use of this potential weapon.
- Dr. Keith Jeffery developed a short version of Stick in fitting with his goal to make Tai Chi practice available to even the busiest of us.
- Easy Tai Chi Stick is a fun, short form to learn and it incorporates all of the basic Tai Chi tenets – flexibility, stability, breathing and balance to name a few. It takes just a day to learn but a lifetime to perfect.

Nina introduced the Stick form to the participants at this year's Retreat. The positive response led to this introductory workshop. Continuing interest may lead to a subsequent workshop.

Visit our website at: www.phoenixtaichi.ca

or call: 519-439-8875