

The contents of the workshop are targeted for both beginners and experienced practitioners. The workshop will cover the explanation of traditional Sun style form and application techniques. Interaction with the teacher is encouraged for better understanding the topics.

16th December, 2017

Program	<p align="center">Sun Style – form and application</p> <p align="center">Introduce Sun Style Tai Chi and history Sun Style Forms presentation Foundation of Sun Style - San Ti Meditation standing interactive training Sun Style Tai Chi Push Hand, variation and techniques etc.</p>
Instructor	<p align="center">Sifu Bruce Jin</p> <p>Sifu Bruce is a 4th generation of traditional Sun Style Tai Chi practitioner. His training covers both Sun Style Xing Yi boxing, Ba Gua Palm and Tai Chi Quan, as well as Sun Style sword.</p> <p>Sifu Bruce is a winner of Push Hands competition. He believes traditional Chinese martial art training is an enlightenment process for Tao.</p>
Time	From 1:30 to 4:00 pm, on 16 TH December, 2017.
Venue	St John's Church Hall, 74 Bland St, Ashfield NSW 2131
Fees	\$50 for TCAA members, and \$65 for non-members
	Tea-break: tea/coffee and biscuits will be offered.

Seats are limited for this workshop. Please RSVP by 9th December to Lina He (email: linajane66@hotmail.com, or call at 0424 985838. Payment can be made by cash at the gate or bank transfer to the following account prior to attending the workshop:

Name: Tai Chi Association

BSB: 062 196 A/C: 1060 4158

Name:

Membership No:

Fee: \$

Contact No:

Email: