



Saturday 25 February 2023 ■ 2.30 – 4 pm on ZOOM

'Jibengong – structuring the body mind for Tai chi chuan'

presented by Phil Brown



This seminar looks at a range of exercises that focus
on developing core skills that help with:

balance, rooting, posture, circulation,
agility, coordination & strength.



These skills are agnostic of any Tai Chi style, and will help any practitioner,
including notably beginners, to improve their capabilities in:

'Gong' (work) and 'Jin' (skill)

whatever style or aspect of the art you favour.

For instructors as well, this work will present new and expanded exercises
to help provide foundational training.



Phil Brown has been training in Tai Chi since 1985.

He became an "inside door" student of Sifu Dan Docherty in 1990.

He is level 7 Instructor in Practical Tai Chi Chuan (Cheng Tin Hung lineage -Wudang/Wutan).

He started teaching the style in France 1991-2008, & started teaching in Australia in 2010.

*Phil is offering this online seminar to focus on core skills, as online classes limit Tai Chi work
to solo exercises, and learning forms online is difficult.*



Other online seminars with a focus on Jibengong will be presented by Phil in 2023.

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TCAA member: \$15, Non-member: \$20
You will receive a zoom link to join the seminar.



