





# 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.

FOR MEMBERSHIP, SEMINAR REGISTRATION, PAYMENT -> SEE NEXT PAGE

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









### REGISTRATION and PAYMENT: to be received by 22 Feb 2023

TCAA member: \$15 - Non member: \$20 Non-members may opt to join TCAA and pay the member fee

You will receive a ZOOM link to join the seminar

#### **MEMBERSHIP**

LINK to join as a member: TCAA NewRenewApplication 201912.pdf (taichiaustralia.com) 1year \$30, 4 years \$100

#### **ELECTRONIC PAYMENT**

Direct Transfer Deposit into: Name: Tai Chi Association

BSB: 062-196 AC No: 10604158

Description on recipient's statement: "OLS-12" and your "Member Num & Initial"; eg: 'OLS01 1024 John' (If non-member write NMem instead of Member Num)

Save PDF of the receipt and email to seminars@taichiaustralia.com,
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#### **CREDIT CARD PAYMENT**

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748774 7 TAI CHI ASSOCIATION NARWEE NSW	TCAA Member Num: * Member \$15, Non-member: \$20

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