



HORSHAM WUDANG TAI CHI CHUAN

WORKSHOP – Saturday 9th July 2022

**The College of Richard Collyer,
82 Hurst Rd, Horsham RH12 2EJ**

2.00PM – 5.00PM

**(NEI GUNG 1.00PM for students who have taken Bai
Shi ceremony)**

The workshop replaces the usual morning class.

Workshops are held on the first Saturday of each month to allow students to spend more time training in certain aspects of the system and so get a deeper understanding of the art. ***Workshops are not suitable for complete beginners as some understanding of the form is required.***

Students do not have to attend the whole workshop as it will be split into one-hour sessions, and the cost is **£7.00 per session** or **£20 whole afternoon.**

2.00 – 3.00pm – Forms

Handforms (including square and mirror forms)

3.00 – 4.00pm – Pushing Hands/Applications/Drills

Back to basics on pushing hands drills and principles.

4.00 – 5.00pm – Sabre, Sword & Spear

Weapon Forms, Two (or more!) person sets, Applications (Only wooden weapons to be used for applications)

For more information, please visit our website:

<http://www.horshamtcc.co.uk/classes>