



HORSHAM WUDANG TAI CHI CHUAN

WORKSHOP – Saturday 6th August 2022

**Portslade Sports Centre
Chalky Road, Brighton, BN41 2WS**

2.00PM – 5.00PM

The workshop replaces the usual morning class.

Advanced workshops are held 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 can attend individual sessions or the whole workshop as it is split into one-hour sessions; cost **£5.00 per session (£15 whole afternoon)**.

2.00 – 3.00pm – Forms

Hand forms (including square and mirror forms)

3.00 – 4.00pm – Pushing Hands/Applications/Drills

Review of 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/where-to-learn/advanced-workshops>