Traditional Chen Taijiquan (Tai Chi)

Traditional Chen Taijiquan is widely acknowledged as the oldest and ancestor of all the other Taijiquan (Tai Chi) styles. Although it is characterized by low powerful stances, more obvious coiling movements, stomping and explosive releases of power that are mostly absent from the practice of other styles of Taijiquan, Traditional Chen Taijiquan can also be practiced with graceful slow, light movements. The martial aspects and health benefits are preserved and retained in Traditional Chen Taijiquan.

**Traditional Chen Taijiquan**

1st Form (Lao Jia Yi Lu)

The foundation set for the development of strength, balance, coordination, and understanding of basic Taiji principles; and is the prerequisite for the Chen Taijiquan second form which promotes the development of explosive power and fighting techniques. Most other Taiji styles are derived from this original Chen Taiji form.

Silk-reeling Exercises:

Spiral movement exercises to open and relax all 18 major joints of the body, to develop basic strengths and coordination, to reduce physical strain and tension, to promote muscle relaxation and flexibility.

Wuji/Hun Yuan Qigong:

Standing and moving meditation to reduce mental stress and tension, to improve one's concentration and immune system, to cultivate internal "qi".

**Master Vivian Mao:**

Direct Lineage Chen Family Taijiquan
Chen Taiji Instructor Certificate conferred by the International Taijiquan Conference of Wenxian, China (Birthplace of Taijji)

**Class registration and information:**

Brisbane Parks & Recreation Department

(415) 508-2140 or www.brisbaneca.org

email: Vivian_1_94116@yahoo.com

**Great Health & Martial Arts Benefits**

Traditional Chen Taijiquan

with

*Master Vivian Mao*

Brisbane

Parks & Recreation

Monday Nights 6:30pm – 8:00pm
May 2 – July 18 (no class May 30 or July 4)
$59 res / $71 non-res (10 classes)
$10 transaction fee

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12/12/00