

Workshop 2025

Venue & Information

Dates/ Time: Fri 3rd – Thu 9th January 2025
8:00 am to 1:00 pm each day, except
The last day finishes at 12:00 pm.

Location: Blackburn Primary School - Gymnasium
(Cnr. Whitehorse Road & Surrey Road)
185 Whitehorse Road, Blackburn
Melbourne, Victoria 3130

Transport: - Trains from Flinders Street station to
Blackburn station
(Lilydale & Belgrave line);
- Bus 901, 286

Free car parking available.

COST: AU\$655 if paid by 30th November 2024
AU\$695 if paid after 30th November 2024.

Group discounts AU\$40 each
person (for 4 or more people)

Refreshments: Coffee and tea will be provided.

Accommodation: You need to arrange your own.

Clothing: Wear loose and comfortable clothing, and
rubber-soled sport shoes/sneakers.

Registration: Provide hardcopy or email the form.

Payment: By cash or EFT (bank details to be provided on
request).

Cancellations: Subject to administration costs.

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Welcome to Workshop 2025

Chen Style Taijiquan Academy



proudly presents its 22nd annual one-week intensive Taijiquan workshop by Master Peter Wu. It will be a great opportunity for you to enhance your skills and enrich your understanding and appreciation of authentic Taijiquan.

directed to raising your understanding and Taijiquan skills to a higher level. There is a saying “Without the Taiji principles and the martial applications, there is no Taijiquan”. We promise that this workshop will provide you and your friends with a great week of invaluable experience as well as raising your Taijiquan skills to entirely new levels! We are looking forward to seeing you in the workshop. Don't miss this great opportunity to enhance your skills and enrich your understanding and appreciation of authentic traditional Taijiquan.

Best Regards,
Peter Wu

Workshop 2025 Features

The workshop provides a supportive and friendly environment with the following features:

- Master Wu will personally instruct each course assisted by his assistant instructors.
- Each class session consists of concentrated teaching followed by supervised practice sessions.
- Daily review and discussion sessions.
- Certificate of accomplishment will be given to each attendee upon completion of the course.

Master Peter Wu Shi-zeng



Master Peter Wu studied Taijiquan under some of the greatest modern masters including Grandmaster Hong Jun-sheng (student of Grandmaster Chen Fa-ke). Master Wu specialities are in the Chen and Wu (Hao) styles. He has taught and conducted workshops overseas as well as in most Australian states.

B - Hong Style Cannon Fist

Hong Style Taijiquan Cannon Fist is a high-level routine

Workshop 2025 Courses

A- Hong Style Taijiquan Series 1

洪式太極拳一路

Hong Style Series 1 is characterised by its subtle movements and practical martial applications that are highly effective in deflecting and uprooting an opponent with both feet off the ground. During this course Master Wu will teach the application of each movement in the form and the principles governing the practice and the unique characteristics of the Hong from Style Taijiquan.

practiced mainly by advanced practitioners in training their combative skills. This routine is characterised by practical combat techniques against multiple opponents. It contains faster movements, jumping, quick footwork in changing directions and more issuing force while maintaining the principles of extending one's energy. This routine, as passed down by Grandmaster Hong Jun-Sheng, is more practical in combat situations as compared with the commonly known Chen style Cannon Fist. Learning this routine will enable the practitioner to raise his/her Taijiquan skills to a higher level.

C- Wu (Hao) Old Frame Taijiquan 8 Direction 武(郝)老架八方太極拳

This routine consists of 32 Forms, has been created by selecting some of the movements from the Wu (Hao) style old frame Taijiquan set. Every form has its own left and right-side practice. There are four straight and four diagonal moves. Movements in these 8 directions can be performed within a confined area. At the same time, the routine has incorporated some martial arts techniques that are not part of the original routine.

D - Taijiquan Push Hands A: Basics

太極拳推手 - 基础动作

Push Hands (tui shou) is a practice drill between two people used to instruct Taijiquan principles such as 'non-resistance', 'following an opponent's energy', 'uprooting', 'extension-jin' and 'issuing of power'. This course covers the basic movements of push hands covering the fundamentals, principles, precise meaning and application of the eleven (11) push hands forms.

E - Taijiquan Push Hands B: Fa-fang

太極拳推手 - 发放

This intermediate Push-hands course offers the principles of the “7 stages” of issuing of Taijiquan power (fa-fang), i.e., “contact”, “following”, “deflecting”, “stopping”, “stringing”, “storing” and “releasing/issuing.” This course covers the meaning of each of the “7 stage”, the basic 4 hand movements, the basic 8 Taijiquan techniques as well as fa-fang using different movements and techniques.

洪式太極拳炮捶

Workshop 2025 Registration Form

Please ensure that all details are clearly filled in.

Name: _____

Address: _____

Tel/Mobile: _____

E-mail: _____

Please choose one course only.

Nominate the course you are interested in attending by marking 'X' in the corresponding box.

Course A - Hong Style Taijiquan Series 1

Course B - Hong Style Taijiquan Cannon Fist

Course C – Wu(Hao) Old Frame 8-Direction

Course D – Taijiquan Push Hands A - Basics

Course E – Taijiquan Push Hands B – Fa-fang

Amount Enclosed: \$(AUD/USD) _____

Date: _____

For reservation purposes, do you wish to attend the **dinner function on Thu 8th Jan 2025?** **Yes / No** **Number attending** _____

Waiver of Liability

I acknowledge that I participate in this workshop at my own risk. I warrant that I am medically sound and agree to accept full responsibility for any injuries incurred to myself in the unlikely event that an injury is sustained whilst participating in this workshop. I accept all risks and release Chen Style Taijiquan Academy and its instructors from any liability (to the extent permitted by law) for any loss or injury due to any negligence or other acts. This release continues forever and binds my heirs, successors, executors and personal representatives.

Signature : (Parent or Guardian to sign if under 18 yrs)

Rules & Notes:

- We reserve the right to cancel any course where there are insufficient participant numbers in the event of the course cancellation, participants will be notified as soon as possible.*

Your Privacy: Chen Style Taijiquan Academy follows the National Privacy Principles. The information requested is for record keeping and processing only. Your details remain confidential as we do not supply our list to any other organisations/parties.

Workshop 2025 Course Summary

A - Hong Style Taijiquan Series 1 洪式太極拳一路

This course offers the principles and applications of the Chen style (Hong Form) select series, covering:

- The complete Series 1 routine (81 Forms);
- The unique characteristics and principles governing the practice of Grandmaster Hong's Chen style Taijiquan;
- The martial applications of each form.

B- Hong Style Cannon Fist 洪式太極拳炮捶

This course offers the principles and applications of the Chen style (Hong Form) Cannon Fist, covering:

- The Cannon Fist (64 forms) routine;
- The unique characteristics and principles governing the practice of Grandmaster Hong's Chen style Taijiquan;
- The martial applications of each form.

C- Wu (Hao) Old Frame 8-Direction 武郝老架八方太極拳

This course offers the principles and applications of the Wu (Hao) style Old Frame 8-Direction Routine (32 Forms), covering:

- Left and right-side practice of every form;
- The martial application of each form; and
- Some martial art techniques which are not part of the original routine.

D - Taijiquan Push Hands A: Basics 太極拳推手A - 基础

This course offers the basic level of Taijiquan Push Hands exercises and techniques. Participants will be given ample time to train in:

- The fundamental movements, requirements, precise meaning and application of the eleven (11) push hands forms; and
- Partner practice.

E – Taijiquan Push Hands B: Fa-fang 太極拳推手B – 发放

This course offers the intermediate level of Push Hands, covering the techniques of the “7 stages” of issuing of Taijiquan power (fa-fang). Participants will be given ample time to train in:

- The meaning of each of the “7 stages”;
- The basic 4 hand movements of “fa-fang”;
- The basic 8 Taijiquan techniques of “fa-fang”;
- Different hand movements and techniques of “fa-fang”; and
- Partner practice

Chen Style TaijiquanAcademy

陳式太極拳學院

presents

**2025 One-Week Intensive
Taijiquan Workshop
太極拳一週訓練班**

by Master Peter Wu Shi-zeng

Fri 3rd - Thu 9th JANUARY 2025



MELBOURNE, AUSTRALIA

洪式太極拳一路

Hong Style Taijiquan Cannon Fist

洪式太極拳炮捶

Wu(Hao) Style Old Frame 8 Directions

武(郝)老架太極拳八方套路

**Taijiquan Push Hands:
Basics**

太極拳推手 - 基础

Taiji Push Hands: Fa-fang

太極拳推手 - 发放

[*Explore the Depth & Raise Your Taijiquan Skills to A Whole New Level*](#)

Hong Style Taijiquan Series 1