

# Zhu Tian Cai Taijiquan Workshop

*May 20-22, 2005*



Zhu Tian Cai is an official 19th generation successor of Chen Style Taijiquan in Chen Village (Chenjiagou), China. He is renowned as one of the Four Great Jingang (Buddha Warriors) together with Chen Xiao Wang, Chen Zhen Lei and Wang Xi An.

The Friday evening workshop will be an introduction to fajin. Fajin is often described as the expression of “explosive” power. It is the issuing of whole body force that can only be executed effectively after learning proper structural alignment, relaxation, and body mechanics (e.g. spiraling, silk-reeling motion).

The Saturday workshop will cover the Dao (Broadsword). The broadsword form is often described as an “angry tiger charging down a mountain.” When performed, the broadsword form is meant to be vigorous and fierce. The dynamic 23 posture form has clear martial applications and develops coordination of the hands, eyes, body, and footwork.

On Sunday there will be a review of and corrections for the 1<sup>st</sup> half of the Old Frame first routine form and the completion of the 2<sup>nd</sup> half of the form. Lao Jia Yi Lu (Old Frame First Routine) form is the foundation of all Chen style routines. Emphasis will be placed on developing the Chen style silk reeling energy in the form, and Master Zhu will highlight Chen style principles and applications using moves from the Lao Jia Yi Lu (Old Frame First Routine) form. Prior experience with Chen style taijiquan is an advantage, but not a requirement.

<b>Dates/Times</b>	Friday, May 20 6:30-8:30 p.m. Saturday, May 21 9 a.m.-12 p.m. & 2 p.m.-5 p.m. Sunday, May 22 9 a.m.-12 p.m. & 2 p.m.-5 p.m.
<b>Location</b>	Friday & Saturday: Community Church of Chapel Hill Sunday: Chapel Hill/Carrboro Tae Kwon Do
<b>Information and registration</b>	<a href="http://www.duke.edu/~jk17/tjq/ztc">http://www.duke.edu/~jk17/tjq/ztc</a> Contact: Johnny Kuo Phone: 919-401-5701 e-mail: <a href="mailto:johnny.kuo@duke.edu">johnny.kuo@duke.edu</a>
<b>Workshop Subjects</b>	Friday: An introduction to <i>fajin</i> (issuing power) Saturday: <i>Dao</i> (single broadsword) Sunday: <i>LaoJia Yilu</i> (Old Frame, First Routine) <ul style="list-style-type: none"> <li>• Review of and corrections for 1<sup>st</sup> half of form</li> <li>• Completion of 2<sup>nd</sup> half of form</li> </ul>

