

Zhu Tiancai Taijiquan Workshop

☯ May 19-21, 2006 ☯



Grandmaster Zhu Tiancai is an official 19th generation successor of Chen Style Taijiquan in Chen Village (Chenjiagou), China. Zhu Tiancai trained under 18th generation Grandmasters Chen Zhaopei and Chen Zhaokui, and he is renowned as one of the Four Great Jingang (Buddha Warriors) of Chen style Taijiquan. Master Zhu teaches internationally and has decades of teaching experience.

The Duke Taijiquan Club is proud to host Zhu Tiancai for a workshop. Master Zhu will teach the 42 posture *fajin* form.

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). Derived from Chen Zhaokui's 32 posture fajin form, Master Zhu's 42 posture form provides a comprehensive compendium of fajin possibilities. Either practiced in its entirety or with single posture study, the 42 fajin form helps develop understanding of the intent and martial applications of the Chen family Taijiquan open hand forms.

Dates/Times	Fri., May 19 6:30-8:30 p.m. Sat., May 20 9 a.m.-12 p.m. & 2 -5 p.m. Sun., May 21 9 a.m.-12 p.m. & 2 -5 p.m.
Location	The Ark Dance Studio on Duke East Campus
Information and registration	http://www.duke.edu/~jk17/tjq/ztc Contact: W. Brown 199 Valley Park Dr. Chapel Hill, NC 27514 <i>ztc_workshop@earthlink.net</i>
Workshop Subjects	Friday: Review of Old Frame (LaoJia) and Q&A session with Master Zhu Sat. & Sun.: 42 posture fajin form

