

CENTRE DE TAÏ-CHI GILLES-VAILLANT

109 Wright St.

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5-Section 2-Person Sword and 5-Section Chen Workshops

With **Adriaan Blaauw & Jill Heath**

2-Person Sword on Saturdays; Chen on Sundays; 13-1600 (1-4 p.m.)

Workshop #1	Sat & Sun 22 & 23 Aug 2009
Workshop #2	Sat & Sun 26 & 27 Sept 2009
Workshop #3	Sat & Sun 07 & 08 Nov 2009
Workshop #4	Sat & Sun 16 & 17 Jan 2010
Workshop #5	Sat & Sun 27 & 28 Feb 2010
Workshop #6	Sat & Sun 10 & 11 Apr 2010
Workshop #7	make-up/rain date Sat & Sun 05 & 06 Jun 2010

Information: Adriaan Blaauw ablaauw@sympatico.ca or Jill Heath jillmheath@earthlink.net

Fees (per curriculum):	Member	Non-Member
One workshop (Chen or sword):	\$50.00	\$55.00
If previous workshop attended:	\$40.00	\$45.00
Pre-pay all six workshops:	\$225.00	\$255.00

'Members' refers to Centre De Tai Chi Gilles Vaillant (Gatineau), The Tai Chi Studio (Ottawa), Canadian Taijiquan Federation members.

Members save 10% by paying in full in advance for all six workshops in either Chen or sword: \$225. Without discount, an entire single curriculum would be \$250 (\$50 for the first workshop, \$40 for the subsequent 5 workshops). Planning on studying both? Pre-paid discount rate is \$450.

5-Section Chen

A relatively short and simple introductory Chen form and a suitable study for those interested in expanding their knowledge of their own taiji, regardless of the style normally practiced. Chen is generally considered to be the forerunner for the other four major family styles: Yang, Hao, Wu and Sun styles.

5-Section 2-Person Sword

A rarity in taiji: a two-person sword form. Partner work helps to develop greater understanding of sword techniques and energies. In turn, this transfers greater depth to solo sword practice, much in the same way that studying two-person empty-hand work can improve solo form.

About Adriaan Blaauw

Adriaan Blaauw started studying martial arts in 1992 and has been teaching since 2003. His studies have included Chen and Yang style taiji, bagua, kali, jiu-jitsu, xingyi and xinyi. He is a graduate of the 6-week 5-section Teacher's Training and Curriculum Intensive, taught by Sam Masich, Vancouver 2007. He made his competition debut in April 2008, garnering 4 silver medals for form, weapons, fixed- and moving-step push hands. Adriaan will be appearing in the Chen section of Sam Masich's 5-section textbook.

About Jill Heath

Jill Heath has been studying the internal arts since 1990, has taught in Canada, the U.S. and the U.K. since 1995, and made her competition debut in 1999 with a personal best in 2001 of 3 gold and 3 bronze medals at a single tournament for form, weapons and push hands. She has been certified as an Associate Healing Tao instructor, Tai Chi for Arthritis instructor, Senior Level instructor (Canadian Taijiquan Federation), and is a past president and director of the Canadian Taijiquan Federation. She continues her studies of the internal arts with Sifus Helen Wu, Nick Gracenin and Sam Masich. She is a graduate of the 6-week 5-section Teacher's Training and Curriculum Intensive, taught by Sam Masich, Vancouver 2007. She will be appearing in the sword section of Sam Masich's 5-section textbook. At the National Canadian Kung Fu Fellowship tournament, April 2008, she received 3 gold and 2 bronze medals in 5 events (form, weapons, moving and fixed step push hands, shuijiao).

Both Adriaan and Jill will be assistant teachers at Sam Masich's 5-section Curriculum Intensive in Gatineau QC in July 2010.