



Taiji Applications Workshop

February 11, 2012, 10:30AM – 4:00PM

Aiping Tai Chi and Qigong Center , 4 Oxford Road, Building F, Milford, CT 06461

Directions: <http://www.aiping-taichi.com/aboutus/contactus>

Master Aiping Cheng is pleased to host Sifu Onassis Parungao for a one day Taiji Applications Workshop.

Have you wanted to learn the purpose of the taiji postures in more detail?
Do you want to put intention into your movements and improve your taiji?
Do you want to learn the martial application of taiji to deepen your understanding of the art?

What you will learn:

- How to create a stick point
- Listening, yielding, and following
- Break down of taiji postures into useful martial applications
- Two person drills
- Taiji footwork – “5 Directions”

Who should attend:

- Anyone with a background in Taiji (Yang, Sun, Chen, Wu)
- Beginner, Intermediate, and Advanced students
- Appropriate for men and women
- All ages are welcome

This workshop is designed with safety in mind. All exercises and drills are gentle and non-aggressive.

Fee: \$60 at the door. Please, no personal checks.

Who is Onassis Parungao (Gao Bat Long)?

Sifu Gao is a Taiji and Hung Gar instructor from Gales Ferry, CT. He has been practicing martial arts for over 25 years. He has studied authentic lineage Sun Style Taiji and has had the honor of meeting and receiving corrections from Grand Master Sun Jian Yun. His career includes UFC 7 and Russian Ultimate II, San Shou Champion at 85KG in 1997 and 1998 (U.S. tournaments). His current focus in Taiji is Yang style, the martial applications, and emphasis on core principles such as sticking, listening, and yielding. He very much enjoys pushing hands and engaging with new people.

Questions? Contac Sifu Gao at 860-912-8369, cykwoon@yahoo.com, or Bob Shannon at 203-623-0999

*Hosted by Aiping Tai Chi and Qigong Center, Milford, CT 06460
203-795-0203, www.aiping-taichi.com*



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