

# Workshop 2024

## Venue & Information

**Dates:** Wed. 3<sup>rd</sup> - Tue. 9<sup>th</sup> January 2024  
**Time:** 8:00 am to 1:00 pm each day, except

The last day finishes at 12 :00 pm.

**Location:** Blackburn Primary School  
(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\$635 *if paid by 30th November 2023*  
AU\$675 *if paid after this date.*

Group discounts of AU\$40 each  
(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:** Mail the registration form and your  
cheque/money order (payable to "Peter  
Wu") to:

**Chen Style Taijiquan  
Academy Taijiquan Workshop  
2024 PO Box 360  
Kew Victoria 3101 Australia**

**Cancellations:** Subject to administration costs.

**Enquiries:** Mobile: (61) 0403 066 032

Email: [peterszwu@hotmail.com](mailto:peterszwu@hotmail.com)

Website: [www.taijigongfa.com](http://www.taijigongfa.com)  
[www.peterwutaichi.com](http://www.peterwutaichi.com)



# Welcome to Workshop 2024

## Chen Style Taijiquan Academy



proudly presents its 21<sup>st</sup> 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. Our aim each year is for you to **explore both the Principles and Martial Aspect of Taijiquan**. The structure of each course is

based on these objectives, and is directed to raise your understanding and Taijiquan skills to higher level. There is a saying **"Without the Taiji principles and the martial applications, there is no Taijiquan"**. I invite everyone to take part, beginners as well as advanced practitioners. Please ask your friends to join you. 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 2024 Features

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

- ✓ Master Wu will personally instruct each course assisted by his senior students.
- ✓ Each class session consists of concentrated teaching followed by supervised practice sessions.
- ✓ Daily review and discussion sessions.
- ✓ Daily talks and demonstrations by Master Wu's senior students.
- ✓ 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.

# Workshop 2024 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 the unique characteristics of the Hong from Style Taijiquan. Learning this routine will enable practitioner to raise his /her Taijiquan skills to higher level.

## B - Hong Style Cannon Fist

## 洪式太極拳炮捶

Hong Style Taijiquan Cannon Fist a highly-level routine 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 higher level.

## C- Hao Style Taijiquan Cannon Fist

## 郝式太極拳炮捶

Hao style Taijiquan Cannon Fist routine was practiced traditionally by well known masters to train their combative skills especially against multiple opponents. Sadly, This invaluable routine is rarely practiced by Taijiquan practitioners nowadays. Master Peter Wu has now restructured the routine to provide fast-paced movements, jumping, quick footwork changing directions, and more force issuing explicitly Hao style characteristics and principles.

## D - Taijiquan Push Hands

## 太極拳推手

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', and jin (internal power and sensitivity). This course will divide into 3 categories according to participant's skills/level:

- The basic movements of push-hands for the beginners,
- The '7 stages' of issuing explosive power (fa-jin) for the intermediate; and
- The basic 8 Taijiquan techniques with the "7 stages" of the "fa-jin" for the more advanced.

## E - Chen Style Double Broadsword

## 陳式太極雙刀

This Chen style Double Broad Sword is arranged by Master Peter Wu, and is based the forms of traditional Chen Style Taiji old Series, integrating the sword application techniques with principles of Taiji fighting techniques. Learning this Double Broadsword set will enable the practitioner to understand the application of the sword techniques, block-control the opponent's movements and attack them using the principles of Taiji fighting techniques. In this course, you will learn the entire set including the unique principles of Taiji sword fighting techniques. Participants are to bring their own sword.

# Workshop 2024 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 - Hao Style Taijiquan Cannon Fist

Course D - Taijiquan Push Hands Course

E - Chen Style Double Broadsword

Amount Enclosed: \$(AUD/USD ) \_\_\_\_\_

Date: \_\_\_\_\_

For reservation purposes, do you wish to attend the dinner function on 8th Jan 2024? 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.

# Workshop 2024 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 - Hao Style Taijiquan Cannon Fist 郝式太極拳炮捶

This course offers the traditional "Old Frame" of the Hao style Taijiquan routine in its entirety as passed down from Grandmaster Hao Wei-jen, which has total length of 32 forms, covering:

- 32 movements & fajin techniques of Hao style; and
- The combative application of each movement.

## D - Push Hands: Level 1, 2 & 3 太極拳推手

This course offers the basic Push Hands exercises and techniques covering

- Beginners:**  
The fundamentals, principles and precise meaning and application;
- Intermediate:**  
The "7 stages" of issuing of explosive power (fa-jin).
- Advanced:**  
The basic 8 Taijiquan techniques with the "7 stages of fa-jin"; Usage of the "fa-jin 7 stages" approach to resolve 6 of the difficult to deal with movements in the push hand drill.

## E - Chen Style Double Broadsword 陳式太極雙刀

This course offers Taiji sword practice drill set based on movements from the traditional Chen style Taiji old series. Participant will learn the routine covering:

- The 24 major movements & application techniques;
- The principles of the Taiji Broadsword block control and attack technique;

# Chen Style Taijiquan Academy

## 陳式太極拳學院

presents

2024 One-Week Intensive  
Taijiquan Workshop  
太極拳一週訓練班

By

Master Peter Wu Shi-zeng

Wed 3<sup>rd</sup> - Tue 9<sup>th</sup> JANUARY 2024  
MELBOURNE, AUSTRALIA



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

## Hong Style Taijiquan Series 1

洪式太極拳一路

## Hong Style Taijiquan Cannon Fist

洪式太極拳炮捶

## Hao Style Taijiquan Cannon Fist

郝式太極拳炮捶

## Taijiquan Push Hands

太極拳推手

## Chen Style Double Broadsword

陳式太極雙刀