



# Push Hands & Applications

TRUETAICHI with Stephan Berwick

In this combat oriented Taiji seminar, Stephan Berwick will teach traditional Chen Taijiquan push hands. Instruction will cover detailed body mechanics and practical martial applications, anchored in the traditional "8 skills", or *Ba Fa*, of classical Chen Taijiquan.

*Stephan Berwick will also offer an evening session on Chen Taijiquan Sparring. Details announced to seminar participants.*

**June 11-12**

**9:30-4 p.m.**

Tuition \$110

K & L Fitness

964 Ridge Road, Webster NY

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Stephan Berwick, a winner of the first International *Chen Style Taijiquan Association Excellence Award*, has almost 30 years experience in Chinese martial arts. A dedicated martial arts researcher and practitioner, Stephan conducted primary research on Chen Taijiquan at Taiji's birthplace, Chenjiagou.

As a Chen Taiji specialist, Stephan instructs a wide variety of students — from the physically challenged to experienced defense professionals.

**Is Your Tai Chi True?™**

[www.truetaichi.com](http://www.truetaichi.com)

*Event sponsored by Rochester Chen Style Taijiquan Association.*

