



## Wudang Practical Tai Chi Chuan workshop with

# Paul Silfverstråle

5, 6, 7 october 2018 - Vlissingen

Paul Silfverstråle (Sweden) is an international well known and recognized teacher of training and workshops all over Europe. His main teachers are Dan Docherty (UK) and Sibak Kung Long Wei Tek (Maleisië). Paul's way of teaching is pleasant, his explanations are clear, he is open to all questions and he easily switches to everybody's individual level. The workshops are open to experienced Tai Chi players as well as beginners.

**Friday 5th October 17.30 – 20.30**

**2 person set saber/spear**



Typical to PTCC are the practical applications of movements found in the forms. For example, the whole first part of the saberform can be practiced with a partner with spear.

Practicing applications together will make you ware of your posture, tension and relaxation, positioning and mobility. All in a playful way.

**Saturday 6th October 10.00 – 16.30 and Sunday 7th October 10.00 – 16.00**

**PTCC overall: Handform, weapons, applications, push hands**

The PTCC system consists of different aspects which should be regarded as an integrated whole. Although clearly defined within themselves, each part nourishes the others and makes this a unique way of training. With time each part flows into the others. In this way there is always something to work on and progress in. During these workshops we will work with the connections between the different aspects.



Friday 5 October	18.00 – 21.00
2 person set spear/saber	
	€ 35,-
Saturday 6 October	10.00
– 16.30 overall training	
	€ 65,-
Sunday 7 October	10.00
– 16.00 overall training	
	€ 60,-

Complete weekend

€ 150,-

paid before 1-9-'18 € 140,-

Information and registration: [anke@jiwudao.nl](mailto:anke@jiwudao.nl)

Payment attn.: Hartevelt

\*\* workshop Paul 2018 and your name\*\*\*

IBAN: NL 59 RABO 3291 3877 83

BIC: RABONL2U

Prices include lunch (on Saturday and Sunday), coffee and tea. For € 5 per person per night, including breakfast, you can stay overnight within walking distance of our training location. Bring your airbed and sleeping bag.