

BALANCING THE MARTIAL AND CIVIL

Push Hands and the Literary Tradition of Tai Chi Chuan

a Tai Chi training intensive with Christopher Kiely

at Unison Arts Center in New Paltz, NY

Sunday April 30th -- 9:00am-1:00pm

9:00-10:10 form practice
10:20-11:50 theory and tea
12:00-1:00 push hands training

\$60

to register please contact either
Martha Cheo at mcheo@hvc.rr.com or 845-256-9316
or Bobbi Esmark at esmark@me.com or 845-399-1033

payment is due at the start of class (checks payable to Christopher Kiely)



This class is offered to help clarify and fortify the single thread that runs deep through Tai Chi Chuan and connects form practice to theory study to push hands training to the art of personal cultivation and ultimately to the great work of restoring and maintaining peace and balance in the world. Drawing from the textual transmission of the Tai Chi Classics, this unique approach to training aims to fertilize the relationship between the physical practice of Tai Chi boxing as a martial art and the contemplative study of Tai Chi principle as a healing art. One need only have a general familiarity with slowset, push hands and “the principles” to participate.

“Tai Chi Chuan differs from other physical exercises in the characteristic way that it combines vigor and tranquility. It brings people to health by arousing their interest in its inexhaustible principles and then inspiring them to practice so that they can better understand and utilize those principles. In other words, Tai Chi Chuan is not just an exercise for the body. It is a system of philosophy that teaches the art of self-cultivation.”

- Master Tung Kaiying from “Learning Tai Chi Chuan”