



JANUARY 2018 Mini-Series Workshops

Saturday, 1/6/18 9am – 12 noon

Fundamentals of Chen Style Taijiquan

Saturday, 1/6/18 2pm – 5pm

18 Movements Form

Saturday, 1/13/17 9am – 12 noon – Part 1 of 4

Saturday, 1/13/17 2pm – 5pm – Part 2 of 4

Sunday, 1/14/17 9am – 12 noon – Part 3 of 4

Sunday, 1/14/17 2pm – 5 pm – Part 4 of 4

Lao Jia Yi Lu – Old Frame First Routine

Location: Hybrid Athletic Club

***2881 Commerce Park Dr, Suite A
Fitchburg, WI 53719***

Phone: (608) 276-8074

Registration is \$25 per 3-hr session. Participation in Lao Jia Yi Lu requires that you know the fundamentals or have experience with other taijiquan styles. 18 movement form is optional for LaoJiYiLu.

Wear clothing that are loose around the waist and ankles. Shoes are optional. Non-marking shoes only and less traction is better.

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**GREAT
OPPORTUNITY**
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**EXCELLENT
SPACE**
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**RESERVE YOUR
SPOT & BRING A
FRIEND**
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**VISIT WEB SITE FOR
MORE
INFORMATION**
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www.chenstyletaijiquan.net
www.hybridathleticclub.org



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