



# Madison Chen Style Taijiquan 陈式太极拳

## Silk Reeling (Chan Si Jin) & Old Frame First Routine (Lao Jia Yi Lu )

Master Chen Hui Xian  
Jul 19-21, 2013, Madison WI

Madison Chen Style Taijiquan welcomes Master Chen Hui Xian back to Madison for another set of workshops in traditional Chen village training this summer!

In Taiji, Silk Reeling is a series of easily learned, repetitive movements that integrate all three planes of motion into smooth, continuous, and controlled weight shifts, core rotations, and spiral movements through the legs, torso, arms, and hands. These exercises help you maximize your body's efficiency of motion by promoting correct body alignment and energy flow.

This workshop will also cover how to maintain the proper body requirements of Chen Taijiquan allowing you to more effectively train your body and develop a higher level of skill not just in Taijiquan, but in other sports and activities as well.

One of the first steps in Chen Taijiquan is learning the movements of the long form, Lao Jia Yi Lu (Old Frame, First Routine). Lao Jia Yi Lu is an excellent starting form, usually performed slowly by beginners and is designed to promote concentration, condition the body and acquaint students with a set of motion techniques for other styles of taiji or martial arts training.



### Basic Fundamentals

Friday, Jul 19, 2013  
(5:30 pm - 8:30 pm)

### Old Frame First Routine (Lao Jia Yi Lu)

Saturday - Sunday, Jul 20-21, 2013  
(9:00 am - 12:00 noon / 2:00 pm - 5:00 pm)

### LOCATION

Agora Pavillion  
5511 East Cheryl Parkway  
Fitchburg, WI 53711

### Tuition (pre-registration / after July 1st)

Friday, Saturday & Sunday: \$220 / \$250  
Saturday & Sunday: \$180 / \$200  
Saturday or Sunday only: \$100 / \$125  
Friday only: \$60 / \$75

Make checks payable to:  
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