

Silk Reeling Exercises & Lao Jia Yi Lu

A six-session workshop series in the foundational practices of Chen-style Taijiquan — open to all levels

6 Saturdays · 9:00 AM - 12:00 PM CT · \$25 per session · Drop-in welcome

SESSION 1

27
JUNE

Saturday · 2026

SESSION 2

18
JULY

Saturday · 2026

SESSION 3

8
AUG

Saturday · 2026

SESSION 4

29
AUG

Saturday · 2026

SESSION 5

19
SEP

Saturday · 2026

SESSION 6

3
OCT

Saturday · 2026

ABOUT THIS SERIES

- Silk Reeling Exercises (Chan Si Gong) — spiraling energy drills that develop whole-body coordination
- Lao Jia Yi Lu — the Old Frame First Routine, the cornerstone form of Chen-style Taijiquan
- Suitable for complete beginners and continuing practitioners alike

RECOMMENDED APPROACH

Drop in for any session — attending all six is highly recommended.

WHAT TO BRING

- Comfortable, loose-fitting clothing
- Your own water bottle
- Flat-soled shoes (not running shoes)

LOCATION

7001 Meier Rd
Madison, WI 53719

PRICING

\$25

per session

No pre-registration required

STYLE

Chen-Style Taijiquan

One of the oldest and most complete Tai Chi systems — known for its silk-reeling movements.