

## ATHENS TAIJIQUAN ASSOCIATION

### PROGRAMME SEPTEMBER 2011 - JUNE 2012

*Lessons start: Monday September 12<sup>th</sup> – Beginners classes start Thursday September 29<sup>th</sup>*

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY                   | WEEKENDS   |
|---|--|---|---|--------------------------|--|
| <i>Lessons start<br/>Monday 12<sup>th</sup><br/>September</i>   | <b>19:30-21:00</b><br>Beginners<br>(class start October<br>4 <sup>th</sup> ) |   | <b>19:30-21:00</b><br>Beginners<br>(classes start<br>September 29 <sup>th</sup> ) | practice for<br>everyone | Occasional<br>Workshops or<br>excursions (will be<br>announced during<br>the year) |
| <b>*19:30-21:30</b> for<br>those who know all<br>the slow set & 1 <sup>st</sup> -<br>2 <sup>nd</sup> part |  | <b>*19:30-21:30</b> for<br>those who know all<br>the slow set & 1 <sup>st</sup> -<br>2 <sup>nd</sup> part |   |                          |  |

#### MATERIAL FOR THIS YEAR:

**Traditional frame of Yang style Taijiquan (slow set):** Frame of 108 martial movements in slow motion art, strengthens the internal energy.

**\*Tui Shou (Push Hands):** Exercises of two individuals, learning how to exchange energy, as well as techniques of self-defense.

**\*Dao (Broad sword):** The traditional frame of Broad sword Yang style.

**\*Dong Family Fast Set:** Frame of martial movements in slow and fast motion, created by Great Grand Master Dong Ying Jie.