



LEARN THE SWORD SET



9th and 10th October, 2010

National Centre, Bayswater

**A Weekend Workshop covering the
*Taoist Tai Chi*TM Sword Set from beginning to end**

\$220 inc GST

The sword set supplements the training in *Taoist Tai Chi*TM internal arts and methods. The weapon becomes an extension of the spine, and wielding it by connecting the arm to the spine facilitates the development of spinal flexibility. These sets also provide ideal conditions for introducing movements of the spine that might take a longer time to develop through the regular course of training.

Times: Saturday October 9th 1:00pm to 5:30 pm
Sunday October 10th 9:00am to 4:30pm

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