

Learn LOK HUP

2 Events in 2010 ~ First Half

#1 Intensive

Lok Hup INTENSIVE

for those who have already learned first half

Saturday 12 JUNE 2-5pm

Where BRISBANE

Lutwyche premises, 566 Lutwyche Rd

Cost \$33

Register on the day

#2 Workshop

Lok Hup WEEKEND

learn the first half

Sat + Sun 4-5 SEPT

Sat 9:30am-5:30pm • Sun 9:30am-3:00pm

Where TOOWOOMBA

10 Gregory St, Harlaxton

Cost \$220

Registration form

available at www.taoist.org.au

email toowoomba@taoist.org

phone 07 4638 5009

ABOUT LOK HUP

The Lok Hup form is an **intensifier** of the turning and stretching effects, and consequent health benefits, that are already familiar through the practice of Taoist Tai Chi™ internal arts.

The originator of Lok Hup was Taoist sage Chen Hsi-I who lived during

the late Tang dynasty, about the 9th century of the current era. Chen Hsi-I was known for his methods of cultivating health and longevity. One of these methods was a set of movements known as Lok Hup Ba Fa, the six harmonies and eight methods of mind and intention.

The founder of the International Taoist Tai Chi Society, Master Moy Lin-shin, studied Lok Hup under Master Liang Tzu-pang. Mr Moy established the Gei Pang Lok Hup Academy (GPLHA) in honour of his teacher.



像睡慧祖老樺陳

Chen Hsi I, the originator of Lok Hup

