

# TAI CHI CHUAN

## Summer 2011



Seminars with James Piotr Blaise, 7<sup>th</sup> generation Yang Family

Site web: [www.yangtse.fr](http://www.yangtse.fr)

*Open to every practitioner of Snake style Tai Chi Chuan.*

---

### DATES:

- 1) **July 15-16-17:** Practitioners with one year of "Snake" and who know the first part of the form.  
Courses begin on 15 at 9 am. End of the course July 17 at 4 pm.  
Teacher: J.P.Blaise, possibly assisted by teachers of Yang Tse.
- 2) **July 18-19-20-21:** Practitioners with at least 2 years of "Snake".  
Courses begin on 18 at 9am. End of the course July 21 at 4 pm.  
Teacher: J.P.Blaise, possibly assisted by teachers of Yang Tse.
- 3) **July 22-23-24:** teachers/advanced students  
Courses begin on 22 at 9 am. End of the course July 24 at 4 pm  
Nota Bene: for this course, consult the specific registration

### LOCATION: Maison des Sports La Grangette

**74200 Thonon-les-Bains** (at about 1,5 Km before the center of Thonon, coming from Genève or Annemasse)

In Haute- Savoie, on the shores of Lake Geneva, at 5 kms from Evian-les-Bains.

### PROGRAM based on 6 hours/day to adapt to the group level:

- Continuation of the organic work. (Flexibility exercises and transformation of the tendons).
- Deepening of the form correction in relation to the principles
- Martial applications in the service of understanding the form
- Pushing-hands.

**RATES:** 165 euros for the course of July 15-16-17

225 euros for the course of July 18-19-20-21

See registration form for specific training teachers / advanced students.

**SEMINARS** limited to 30 participants / please return the registration form to:

Edith BANCET, 27 Avenue Marie Reynoard 38100 GRENOBLE (France)

For information: tel +33 (0)4 76 23 30 25 Email [stages07@orange.fr](mailto:stages07@orange.fr)