



Tai Chi Sword



The Canadian Tai Chi Academy -
Kelowna Club is hosting a
weekend long **Sword Workshop**.

This will be the entire set taught in one weekend.

Date: March 9 - 11th, 2018

Where: St. Joseph's Elementary School
839 Sutherland Avenue, Kelowna, BC

Cost: \$100.00

Instructor: James Elser

Times: Friday Night 7:00 pm - 9:00 pm
Saturday 9:00 am - 4:00 pm
Sat Night 7:00 pm - 9:00 pm (review)
Sunday 9:00 am - 4:00 pm

Important: Pre-Registration is Required!

Tai Chi Requirements:

Recommended 1 year of tai chi, but is open to all that want to learn.

Tai Chi Sword Workshop - Info Sheet

The Canadian Tai Chi Academy - Kelowna Club is hosting a weekend long **Sword Workshop**. This will be the entire set taught in one weekend. The sword set another tool in learning and building upon the four aspects of standing, sitting, turning and stretching. As well, it will help the practitioner understand how to relax through force and open up the spine.

Plus it will be a lot of fun!

Location: The workshop will take place in the gymnasium of St. Joseph Elementary Catholic School, 839 Sutherland Avenue in Kelowna, BC.

The workshop schedule:

Friday, March 9:

- 7:00 – 9:00 pm: Workshop Start (need to start learning early!)

Saturday, March 10:

- 8:30 - 9:00 am: Registration
- 9:00 – Noon: Workshop
- Noon – 1:30 pm: Lunch (lunch brought in)
- 1:30 – 4:00 pm: Workshop
- 4:00 - 5:00 pm: Review
- 7:00 – 9:00 pm: Workshop

Sunday, March 11:

- 9:00 am – Noon: Workshop
- Noon – 1:00 pm: Lunch (lunch brought in)
- 1:00 - 4:00 pm: Workshop

Registration: Please register in advance by either...

- Going here and filling out the online form - <https://form.jotform.com/CTCAKelowna/workshop-registration-form>
- Downloading the fillable PDF and submitting https://drive.google.com/open?id=1Fyb0bd85hJDJ_YafNpoZg2df9LYbXI5X
- E-mailing okworkshops1@gmail.com and we will send you a form to fill

Questions may be directed to

- okworkshops1@gmail.com
- Jim at 250-763-7639
- Anne at 250-764-6596

Cost: The cost will be \$100 for the weekend. The workshop fee includes lunches and snacks.

Payment: Payment at the door is welcome (**Cash** or **Cheque** only), but we would like to encourage everyone who registers, to pay through **E-transfer** to okworkshops1@gmail.com (your bank may charge a small fee). Kelowna residents can return their registration forms with payment to a CTCA instructor but online submission is preferred.

Sword - Bring/Purchase: There will be a very limited number of swords available for 'borrow' at the event. So there are a couple of options people can choose to purchase a sword. To help with your decision here is a short video on what to look for in a sword.

https://drive.google.com/file/d/1ufTvTlrJI_KFwdHdmABiq1AmlsOCqelr/view?usp=sharing

- 1) Purchase your own beforehand - There are many online stores that sell tai chi practice swords. Here is an example <https://bushido.ca/product/tai-chi-hardwood-sword/> (we do not endorse any of these stores). The above store is Canadian but many online stores are American stores and charge US rates and shipping and may cost a more than anticipated.
- 2) Order through us - We are planning to get a local woodworker to build swords for us. We will be offering a small amount of swords that will be made here. Please let us know immediately if you desire to purchase one from us.

Transportation: Both Air Canada and Westjet fly into the Kelowna airport (YLW). We can arrange transportation to and from the airport, and around town between hotels and the workshop locations. Please e-mail us your arrival and departure times and flights to okworkshops1@gmail.com

Accommodations: We have two options available for helping with accommodations.

- 1) We will have a block of rooms booked at a motel that is very close to the workshop
- 2) We will be able to arrange billets if requested on the registration form.

For questions pertaining to either of these of options please contact
Jacquie Myers myerswarchuk@shaw.ca or phone (250) 765-4668

Please re-check this document periodically, as plans are evolving.