

LOK HUP 1 DAY WORKSHOP + INTRODUCTION TO PUSH HANDS

SATURDAY 08 JANUARY 2022 09:00 to 4:00

Instructors: Doug Overholt & Susan Carson

Where: North Saanich Middle School Multi-purpose Room

Cost: \$50 includes workshop, light lunch, snacks, tea and water

Doug & Susan are coming to do a mini-session on the Lok Hup Set. Anyone who has done lok hup first and/ or the second half set is welcome. This is a technical session to get answers to questions, get back into it, increase knowledge of the set. This is not a beginners workshop to learn the sequence.

We have also asked Doug to do an introduction of Push Hands. Covid willing – he is willing.

*We are asking for people to let us know **by 15 December** that you are planning to attend to give us an idea of how many would be interested.*

Proof of double Covid-19 vaccination will be required if we do not already have you on file. Masks are optional in the multipurpose room but are required in public spaces.

History for those who are curious:

Doug was one of Master Moy's original students. He learned and was specifically trained by Master Moy until Master Moy's death in 1998. Doug has continued Tai Chi practice daily for over 45 years and is one of the primary teachers and trainers in the Canadian Tai Chi Academy.

Lok Hup Ba Fa traces its origins from Chen Hsi-I in the late Tang Dynasty (c 9th century). Doug's LK form (and now ours) follows the original set as handed down through Masters Wu Yi Hui (Wu Yik Fan), the teacher of Liang Tsu Peng, who taught Moy Lin Shin. Master Moy in turn taught Doug.

Please fill out and return copy of the Lok Hup Workshop form to me @ harry.wendy@uniserve.com. Or in person to:

Lon, Joan, John vG or Wendy.

Payment can be made in class, in person at the workshop, by mail or you can e-transfer to dave@antibe.ca --- please indicate that this is for the workshop.

CONTACT: If you have questions or suggestions, please call Wendy 250 656-1334 or email harry.wendy@uniserve.com or let us know in class.