

LONDON IN-PERSON LOK HUP BA FA WORKSHOP



Saturday August 3rd

Ilderton Community Centre

13168 Ilderton Road, Ilderton ON N0M 2A0

Workshop Fee:

CTCA Member: \$45, Non-Member: \$55

Registration: 9 AM to 9:30 AM

Morning Session: 9:30 AM to 12:30 PM

Lunch: 12:30 PM to 1:30 PM

Everyone is responsible for their own lunch.

Afternoon Session: 1:30 PM to 4:30 PM



The Summer Lok Hup Ba Fa Workshop is a full day event led by instructors from the London location with a focus on reviewing the first half of the Lok Hup set. Come and practice the entire first half of the Lok Hup set and practice each interesting move. Please complete the registration form. You can bring your own lunch or use area restaurants. Submit your registration form to workshop@LondonTaiChi.ca

Participants must have already learned the first half of the Lok Hup set. Water and tea as well as morning and afternoon snacks will be provided. Accommodation is available in London – the Guest House on the Mount has been used for previous workshops guesthouseonthemount.ca

Mr. Moy often spoke about the path of return to health through the transformation of the tendons and bones of the body. This can be accomplished with the techniques that have been integrated into the Lok Hup Ba Fa set. Learning the Tai Chi set establishes a foundation that makes the movements of the Lok Hup Ba Fa set more understandable and achievable. Mr. Moy also spoke about the intensity of Lok Hup Ba Fa and how it has six times the internal benefit of Tai Chi. The movements are somewhat more strenuous than Tai Chi, so it is recommended that the student have achieved a minimum level of strength and flexibility through the practice of Tai Chi before beginning to study this form. Mr. Moy stated that it was his hope that all Tai Chi students would eventually develop to the point where they could study Lok Hup Ba Fa.

Questions? info@LondonTaiChi.ca or 844-205-6944 Toll Free