



Courses for 2009

Jan

Sat 10th 9am - 12pm. St. Francis' Hall.

Sun 25th *Chi Kung Day: Shibashi 1st set & Zhan Zhuang.*

Feb

Sat 10th 9am - 12pm. St. Francis' Hall.

Sun 22nd *Bei Jing 24 Day: Sequence for beginners.*

Mar

Sat 14th 9am - 12pm. St. Francis' Hall.

Sun 29th *Forms Day: Bei Jing 24 - improvements. Long Form - 1st third.*

Apr

Sat 11th 9am - 12pm. St. Francis' Hall.

Sun 26th *Chi Kung Day: Shibashi 1st set - advanced, & Zhan Zhuang.*

May

Sat 9th 9am - 12pm. St. Francis' Hall.

Sun 31st *Tui Shou/Chi Sau - Puhsing/Sticking hands.*

Jun

Sat 13th 9am - 12pm. St. Francis' Hall.

Sun 28th *Self-defence Day/Applications.*

Jul

Sat 26th 9am - 12pm. St. Francis' Hall.

Sun 26th *Chi Kung Day: Shibashi 2nd set - beginners.*

Aug

Sat 8th 9am - 12pm. St. Francis' Hall.

Sep

Sat 12th 9am - 12pm. St. Francis' Hall.

Sun 27th *Long Form Day*

Oct

Sat 10th 9am - 12pm. St. Francis' Hall.

Sun 25th *Intro to Chen Family Taijiquan. Intro to Bagua Zhang*

Nov

Sat 14th 9am - 12pm. St. Francis' Hall.

Sun 29th *Re-cap Day: Shibashi/Silk-reeling/Forms/Tui Shou*

Dec

Sat 12th 9am - 12pm. St. Francis' Hall.