



PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

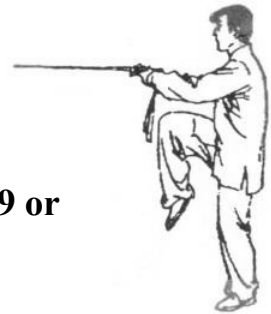
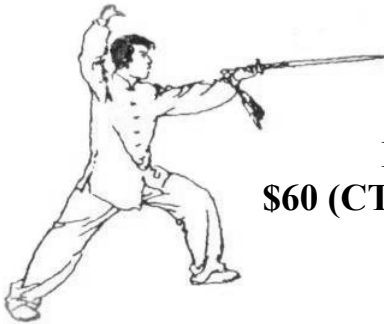
T'AI CHI SWORD WORKSHOP

with Sifu Jill Heath

SATURDAY, March 27, 2010

10:00am to 4:30 pm

**Fee: ~~\$50 prepaid by February 28~~ or
\$60 (CTF members @\$50) prepaid by March 19 or
\$70.00 at the door**



Place: Epiphany Memorial Hall

19A Holborn Ave at Briscoe St W, London ON

(1 block west of Wharncliffe, 2 blocks north of Emery)

This Workshop will be on the 16 Jian(Sword) set, for those wishing to refine their set. The 16 Jian was created in the mid-1990's in China, both as an introductory 'first form' and as a simple tool to help T'ai Chi practitioners develop their knowledge of sword, regardless of what form or style they trained. Come and deepen your understanding of the individual techniques found in every sword form. This workshop is suitable for students and teachers alike. Partner work and solo foundation exercises will also be part of the day.

You may bring a lunch- tea will be available. If you do not have a sword, wooden swords will be available during the workshop, as will some competition-standard metal swords.

About Jill Heath—

Jill Heath has been studying the internal arts since 1990, has taught in Canada, the U.S., and the U.K. since 1995, and made her competition debut in 1999 with a personal best in 2001 of 3 gold and 3 bronze medals at a single tournament for form, weapons and push hands. She has been certified as an Associate Healing Tao instructor, Tai Chi for Arthritis instructor, Senior Level instructor with the Canadian Taijiquan Federation, and is a past president and director of the Canadian Taijiquan Federation. She continues her studies of the internal arts with Sifus Helen Wu, Nick Gracenin and Sam Masich. She is a graduate of the 6-week 5-section Teacher's Training and Curriculum intensive, taught by Sam Masich, Vancouver 2007. At the National Canadian Kung Fu Fellowship tournament, April 2008, she received 3 gold and 2 bronze medals in 5 events (form, weapons, moving and fixed step push hands, and shuijiao). Looking ahead, Jill will be appearing in the sword section of Sam Masich's 5-section textbook. Along with Adriaan Blaauw, she will be an assistant teacher at Sam Masich's 5-section curriculum intensive in Gatineau QC, July 2010.

Visit our website at: www.phoenixtaichi.ca

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