



TAI CHI FAN



10 in-person Tutorials

Provided by
Chinese Association of Southampton

Sponsored by
Confucius Institute at the University of Southampton

The fee is £10 per person.

Places are limited. Registration and payment details are available at:
<https://taichi-fan.eventbrite.com>

Fan form of Tai Chi is a very beautiful practice. It's like an intentional dance that emphasises body awareness and mindful meditation. Observers and participants both can become easily entranced in the methodological and calming forms. Using weapons in Tai Chi is a historically common and significant practice in China. Like any of the Tai Chi forms, fans take focus, balance, poise, and awareness to be an effective tool in self-defence. Today, fan form Tai Chi is widely practiced. Nylon and silk fans are used by beginners, and once their skill grows, they begin using fans that are ribbed with iron or steel.



10 sessions on **Wednesdays**

11/01, 18/01, 25/01, 01/02,
08/02, 15/02, 22/02, 01/03,
08/03 & 15/3

Time: 6:30pm-7:30pm

at

Cantell School Gym, Violet Rd
Southampton SO16 3GJ

Tutor:
Prof Michael Ng

ALL ARE WELCOME

<https://www.southampton.ac.uk/ci/index.page>

<http://www.southamptonchinese.org.uk>

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