

About the Instructor

Troyce Thome has studied many styles of Taijiquan over the last 20 years with the Yang style being the first style she studied. She has been fortunate enough to have studied with some of the best instructors in the United States and in China. Troyce has been a Master Trainer with Dr. Paul Lam for several years and in that capacity has traveled extensively throughout the United States teaching others how to teach Taijiquan.



Jenny Sheldon has a Masters degree in Physical Education and has been active in the field for over 40 years as an athlete, teacher, coach and administrator. She believes that the Tai Chi for Health programs provided by Dr. Paul Lam are the most comprehensive, safe, interesting and enjoyable activities she has ever experienced, on both personal and professional levels

Tai Chi for Health.net
PO Box 75364
San Clemente, Ca. 92673

24 Yang Taijiquan

By Master Trainer
Troyce Thome
and Senior Trainer
Jenny Sheldon



24 Yang Taijiquan

August 20th – 22nd
Bend, Oregon

Workshop Objectives

At the completion of the workshop you will gain a good understanding and improved understanding of the fundamental principles for the modified forms of Tai Chi for Health specifically focusing on TCD and TCO. Saturday and Sunday will focus on the Competition 24 Yang Taijiquan form including:

- A deeper understanding of Taijiquan Principles through practice of the solo form
- Beginning Push Hands to test for Structural Integrity in the Individual Postures
- The Forces of Peng, Li, Ji and An and how to apply them with a partner
- Beginning Yang Style Push Hands Training

Who Should Attend?

A basic understanding of Yang 24 form is desirable, but any previous Yang Taijiquan training is highly encouraged. This course is not for students who have not yet studied a yang based taijiquan style. The Friday evening course is suitable for those who know at least the Tai Chi for Diabetes or Tai Chi for Osteoporosis form designed by Dr. Paul Lam.

The only way to truly improve your tai chi skill is through partnered practice.

Troyce Thome

About the Workshop

Venue: Terpsichorean Dance Center
Hours 6:00 – 8:00 pm Friday August 20th

An in-depth study of principles behind the movements for TCD and TCO

Cost \$25 preregistration \$30 at the door

Hours 9:00 – 4:30 Saturday and Sunday Aug 21st and 22nd

Exploring the meaning of the movements of 24 Yang Style Taijiquan

Cost \$112 per day

Add \$25 if registering after August 6th

A 10% discount will be applied if enrolled in all three sessions.

Workshop fee includes:

- Morning and Afternoon tea
- Catered Lunch
- Course Materials
- Small Group Practice and Hands on Training

***Registration does not include accommodations *Please inquire about discount accommodations**

Registration and Inquiries:

Troyce Thome tthomer@cox.net

949-842-2992

Jenny Sheldon jsheldon27@yahoo.com

541-788-7537

Workshop Location

Terpsichorean Dance Center
1601 NW Newport Ave.
Bend, Oregon 97701

Registration

In-Depth TCD & TCO

August 20th
24 Yang Taijiquan
August 21th – 22nd

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Cell # _____

E-mail _____

Circle all that apply

Friday

Saturday

Sunday

Method of Payment

Please make check payable to: Tai Chi for Health
And mail to:

Tai Chi for Health

PO Box 75364

San Clemente, Ca. 92673

Or securely register using your VISA or

Mastercard online at

www.taichiforhealth.net