

## About Sun Taijiquan

Sun Taijiquan is the youngest of all of the traditional taijiquan forms. It was designed by Sun Lu Tang, a highly respected martial artist of his time, already skilled in two other internal martial arts Xing-Yi Quan and Ba Gua Zhang. This style of Tai Ji Quan is famous for its lively step or brisk stepping method and for its higher stances. This style of Taijiquan can be practiced by people of all ages. Because of the higher stances and lively stepping method it is a wonderful practice for those seeking better balance and over all health benefits from taijiquan as well as those interested in pursuing taijiquan for its martial value.

Because this form's upright stance it is a wonderful exercise method to improve one's posture and alignment in both static (still) and dynamic (moving) positions.



### About the Instructor

Troyce Thome has studied several styles of taijiquan for the past 18 years. Currently she is working with Tim Cartmell to share the essence of Traditional Sun Taijiquan as designed by Sun Lu Tang. They are co-authoring a book on Traditional Sun Taijiquan due out August 2010. In

addition Tim will soon be releasing a DVD set on the Traditional Sun form with detailed instructions on movements as well as applications to many of the movements taught to Tim by the Sun family.

Troyce has been an instructor of Yoga and Taijiquan for over 15 at the community college level. She teaches taijiquan and yoga to as complimentary modalities to help individuals attain and maintain better physical, mental and emotional well-being.

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

## Traditional Sun Taijiquan



Honolulu, Hawaii  
July 16<sup>th</sup> - 18<sup>th</sup> 2010

## Workshop Objectives

- To familiarize participants with the inner-structure of Traditional Sun Taijiquan as designed by Sun Lu Tang.
- To demonstrate postural integrity in the individual postures so that participants will be able to recognize structurally sound postures
- To emphasize the importance of proper body mechanics when performing taijiquan movements
- To enhance Taijiquan practice through demonstrating applications to movements
- To provide a new way of understanding principles of movement that will be helpful in reducing the risk of falling
- To collaborate with other taijiquan enthusiasts
- This course will be broken into modules that will benefit both the beginning and intermediate Sun style practitioner

### About Tim Cartmell

Tim began his study of the martial arts when he was 11 years old. He had studied with some of the most talented martial artists in China. In his quest for learning “internal martial arts” he learned Xing-yi quan, Ba Gua Zhan and Taijiquan. One of his teachers in Taijiquan was the Sun family. He is the translator of Sun Lu Tang’s A Study of Taijiquan.

Tim’s understanding of Sun Taijiquan comes from a comprehensive background, studying both internal and external styles of martial arts. Tim knows how to use proper body moving methods to obtain the greatest amount of force with the least amount of effort. This workshop is based on these simple yet powerful principles of movement.

## About the Workshop

Venue: TBA

Course: Inner Structure of Sun Taijiquan

Date July 16<sup>th</sup> 9:00 am – 12:00 pm

Introduction to Sun Taijiquan

Fee: \$50 in advance \$60 at the door

Dates: July 17<sup>th</sup> and 18<sup>th</sup> 2010

Saturday & Sunday 9am – 4:30 pm

Fee: \$230

\* Includes First Series DVD

\* Please add \$25 for any registration after July 1<sup>st</sup>

\*Registration does not include accommodations

### Registration and Inquiries:

#### Please call

Troyce Thome [tthomer@cox.net](mailto:tthomer@cox.net)

949-842-2992 -or-

Jerry Punzal [cels@hawaii.rr.com](mailto:cels@hawaii.rr.com)

808-225-2943



## Registration

### Inner Structure of Sun Taijiquan Honolulu, Hawaii

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Cell # \_\_\_\_\_

E-mail \_\_\_\_\_

Previous Taijiquan experience? \_\_\_\_\_

What style(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 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](http://www.taichiforhealth.net)

