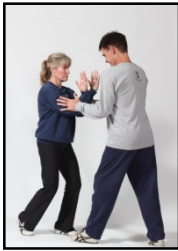


About Sun Taijiquan

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.



About the Instructor

Troyce Thome has studied several styles of taijiquan for the past 18 years. Currently she studies Traditional Sun Style Taijiquan with Tim Cartmell with the objective of preserving the essence of Sun Taijiquan as designed by Sun Lu Tang. (Tim studied Sun

Style Taijiquan with Sun Lu Tang's daughter and grandson). Tim and Troyce are co-authors of Traditional Sun Taijiquan Course published by McGraw-Hill.

Troyce has been an instructor of Yoga and Taijiquan for over 15 at the community college level. She teaches taijiquan and yoga 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

By Master Trainer Troyce Thome



Gresham, Oregon
March 3rd and 4th 2012

Workshop Objectives

- To give serious Taijiquan practitioners a thorough understanding of Traditional Sun Style Taijiquan as designed by Sun Lu Tang including principles of movement as well as the intentionality of movements. This will be accomplished through a variety of methods including:
- Partnered posture testing to demonstrate postural integrity in the individual postures so that participants will be able to recognize structurally sound postures
- Provide understanding of movements through application of movements with partners.
- Practice methods of movement that will be helpful in reducing the risk of falls
- In addition great emphasis will be placed on proper body mechanics in each movement

This course will be broken into modules that will benefit both the beginning and intermediate Sun style practitioner

About Tim Cartmell

Tim has studied with some of the most talented martial artists in China including family styles of Xing-yi quan, Ba Gua Zhan and Taijiquan. One of his teachers in Taijiquan was the Sun family. Among other great works he is the translator of Sun Lu Tang's A Study of Taijiquan.

Tim's understanding of Sun Taijiquan comes from a comprehensive background of both internal and external styles of martial arts.

About the Workshop

Venue: Gresham Senior Center

Course: Traditional Sun Style Taijiquan

Dates: March 3rd & 4th

Saturday 9:00 - 12:00 Foundational Training/Review Sections 1-4

1:30 - 4:30 Section 5

Sunday 9:00 - 12:00 Section 6

1:30 - 4:30 Section 6 & Review Sections 1-6

*Fee for each 3 hour Session \$50

* Please inquire about accommodations

* Recommended Materials Traditional Sun Taijiquan by Tim Cartmell

Registration and Inquiries:

Please call

Troyce Thome tthomer@cox.net

949-842-2992 -or-

Gerry Von Ahn gcoigny@gmail.com

503.201.6270 (cell)

Workshop Location

Gresham Senior Center

600 Northeast 8th Street Suite 130

Gresham, Oregon 97030

Telephone: 503-988-4870



Tim Cartmell and Troyce Thome

Registration Traditional Sun Taijiquan

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

