



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.



Pat Lawson has practiced martial arts for over 30 years, and Tai Chi for over 18 years. A Tai Chi Gold and Silver medallist, she also holds a second-degree Black Belt in Kung Fu and was an assistant instructor in Judo and Mas Oyama's Karate. In

1999 she learned about the Tai Chi for Arthritis program, which she studied under Paul Lam, M.D., and is now a Master Trainer for the Tai Chi for Health programs. She served as the former President of the Tai Chi for Health Community, a national non-profit organization to improve the quality of peoples' lives through tai chi for health programs. Owner and Chief Instructor of Better Health Tai Chi Chuan in Stuart Florida, Patricia teaches Tai Chi in the Florida Treasure Coast area and, with a team of Master Trainers, provides USA Instructor training workshops under the direction of Paul Lam, M.D

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

Traditional Sun Taijiquan



Traditional Sun Taijiquan
August 28th – 29th
Pittsburgh, PA

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
- 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: Chinese Martial Arts

102 East Mall Plaza

Carnegie, PA 15106

Course: Traditional Sun Taijiquan

Dates: August 27th * 28th 2010

Saturday & Sunday 9am – 4:30 pm

Fee: \$225

* Please add \$25 for any registration after August 13th

*Registration does not include accommodations
Please Inquire about discount accommodations

Registration and Inquiries:

Please call

Troyce Thome tthomer@cox.net

949-842-2992 -or-

Pat Lawson plawson6@hotmail.com

1-772-260-3365



Tim Cartmell and Troyce Thome

Registration

Inner Structure of Sun Taijiquan
Pittsburgh, PA

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

