

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 Instructors

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.



Sandi Wicher is a Senior trainer for Dr. Paul Lam and the Arthritis Foundation. She is owner of Many Waters Wellness Center where she teaches Tai Chi for Health classes and works with the Arthritis Foundation and Dr. Lam providing continuing education for the Tai Chi for Arthritis instructors in the Pacific Northwest

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

Traditional Sun Taijiquan



Walla Walla, Washington
September 11th – 12th 2010

Workshop Objectives

- 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 to force with the least amount of effort. This workshop is based on these simple yet powerful principles of movement.

About the Workshop

Venue: Many Waters Wellness Center

Course: Traditional Sun Taijiquan

Dates: September 11th –12th 2010

Saturday & Sunday 9am – 4:30 pm

Fee: \$225

* Includes Sun Taijiquan Text Book

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

*Registration does not include accommodations

Registration and Inquiries:

Please call

Troyce Thome tthomer@cox.net

949-842-2992 -or-

Sandi Wicher sandi99362@gmail.com

509-386-4305

Workshop Location

Many Waters Wellness Center

820 Sprague Ave
Walla Walla, Wa 99362



Registration

**Traditional Sun Taijiquan
Walla Walla, Washington
September 11th & 12th**

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

