

Training Camp Lessons Video Footage

Written by Rose

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Master Wu Mao Gui teaching Tong Bei basics and demonstrating "real speed" Tong Bei strikes/fast form and "Fa Jing"

Master Liu Ji Fa teaching Wu Style Taiji push hands
Master Liu Ji Fa teaching push hands
Master Liu Ji Fa

Master Wu Mao Gui teaching push hands and Tong Bei basics

Master Dong Bin teaching Taiji theory

Master Dong Bin demonstrating "Stroke the Bird's Tail" sequence

Master Ren Gang teaching Yang Style Taiji and theory

Master Ren Gang teaching applications

A DVD of the entire Masters Exhibition with all 25 masters demonstrating is now available.

Please contact Rose Oliver at: roseinchina2006@yahoo.co.uk / roseinchina06@yahoo.co.uk for more details.

The double DVD also includes footage of Master Dong Bin teaching a class in Taiji internal theories and the basic requirements of the Taiji form, plus a demonstration of the "Stroke the Bird's Tail" sequence.