

Monash University Tai Chi Chuan Club outdoor practice 17 May 2005

It was a nice sunny day, so, we took advantage of the warm nice smiling Sun and practised outside at the lawn between the Campus centre (aka Union Building) and the Menzies Building.

By coincidence one club member happen to have brought her digital camera along and took some photos.

It turned out to be just a perfect day and a wonderful class. We hope to have more outdoors classes in future.

Sifu John Chow of the Tao of Tai Chi Chuan Institute led the class in Tai Chi warm-ups, and then lead the class in Easy Tai Chi Chuan which is based on traditional 108 Yang Style Tai Chi Chuan. Sifu John Chow also demonstrated the combat applications of some moves. Then the class finished off with Push Hands practice.

A decision has been reached by the Monash university Tai Chi Chuan Club that whenever the weather is fine, warm and nice, the class is to be held outdoors at the lawn between the Campus centre (aka Union Building) and the Menzies Building.



Jade Lady at Shuttles posture.



..... a transitional move



Sifu John Chow demo application of Step Back to Repulse Monkey



Sifu John Chow practising Easy Tai Chi Push Hands with Alex.



Listening to instructions during short break



Brendan in Single Whip posture of Yang Style Tai Chi Chuan.



Kicking:practice



Double Push posture of Yang Style Tai Chi Chuan.



Sifu John Chow demo Pi Shen Cui combat application to Monash Tai Chi Chuan Club.