

Tai Chi and Arnis joint workshop 14 May 2005

conducted by Guro/Sifu John Chow of Tao of Tai Chi Chuan Institute, Melbourne, Australia, for Monash University Arnis Club and Monash University Tai Chi Chuan Club. 

The aim of the workshop was to allow students of both disciplines to appreciate each other's martial art, and to allow students to learn what techniques and principles from another art. The workshop blends the arts of the arnis/eskrima art of Kalis Ilustrisimo with Yang Style Tai Chi Chuan into a cohesive whole. The Tai Chi Chuan students appreciated the combative applications and practices of the 12 Strikes, footwork, Alive Hand, and the blade orientation of Kalis Ilustrisimo. The Arnis students appreciated the sensitivity acquired from the practice of Push Hands in developing their usage of the Alive Hand.

In all, the workshop proved Guro/Sifu John Chow's assertion that his Tai Chi is his Arnis, and his Kalis Ilustrisimo arnis/eskrima is his Tai Chi because these two martial arts have so deeply rooted in him that they have become one integrated art. This is exactly the advice of the Malaysian Tai Chi master Lau Kim Hong.



Group photo: Arnis and Tai Chi joint workshop 14 May 2005

Back row: Dave, Geng, Eric, Alex, Sifu John Chow, Chan, Serge, Jay, Anthony.

Front row: Brendan, Margaret, Sarina, Alex, Masa, Simon, Sven



Brendan and Chan practising Easy Push Hands.



Dave and Anthony practising Easy Push Hands



Margaret (Tai Chi) with Geng (Arnis) practising Easy Push Hands



Sven (Tai Chi) & Masa (Arnis) practising Easy Push Hands



Sarina (Arnsi) & Jay (Tai Chi, Fencing) practising Easy Push Hands



Serge (Tai Chi) & Alex (Arnis) practising Easy Push Hands



Simon (Tai Chi) & Eric (Arnis) practising Easy Push Hands



Simon (Tai Chi, right) practising counter against Geng (Arnis, left)