

## *Push-Hands Seminar*



Janet Briggs (Renshi) is a dedicated martial arts practitioner with nearly 25 years of experience in karate, and has been training at Golden Crane for nearly 20 years. She is also a practitioner of tai chi, and offers tai chi classes independently at Golden Crane.

Utilizing the knowledge gained from her nearly 20 years of practicing tai chi, Janet will offer a special seminar designed to enhance the training of martial arts students of all styles.

In this seminar, the basics of tai chi push-hands will be covered. An integral part of tai chi training, push-hands promotes many aspects that all martial artists strive to improve, such as:

- strong core / internal energy
- better structure / balance / rootedness
- sensitivity to external energy
- heightened self-awareness
- relaxed, calm and stress-free body / mind

Date : Friday, April 26th

Time : 6:00 p.m. – 8:00 p.m.

Cost : \$35

This seminar is open to all levels of tai chi and karate students (teen and adults).

\*For hygiene reasons, please wear a long sleeve shirt. Karate uniform is *not* recommended. No outdoor shoes are allowed on the floor. If your feet need extra support, indoor only shoes (no black soles) are acceptable.

To register, or for any questions, contact Janet directly: [janetbriggs79@gmail.com](mailto:janetbriggs79@gmail.com)

You are also welcome to register through Golden Crane.

Registration will close on Thursday April 25th.

Please submit payment directly to Janet Briggs, or the Golden Crane office.