



Carefirst Wellness Club 耆暉會 耆康社

In-person 實體



300 Silver Star Blvd. Scarborough

Chen Style Taijiquan 56 Form 陳式五十六式太極拳

Instructor: Lesley Liao

Chen Style Taijiquan 56 Form is one of the typical routines in international martial art competitions. It is compiled on the basis of traditional Chen Style Taijiquan 1st and 2nd Routines.

Chen Style 56 Tijiquan puts a lot of emphases on spiral twisting force, loosening, agility, and springing techniques.

陳式五十六式太極拳是陳家太極拳競賽套路。它以纏繞摺疊、松活彈抖、剛柔並濟、快慢相間、蓄髮互變、節奏明顯的特點獨樹一幟。

Code: WEL24169

Date: Thursday, Jun 13 - Aug 15, 2024

Time: 3:40pm - 4:40pm

Fee: \$45 (10 Sessions)

Registration begins on May 30 at 9:00am.

5月30日上午9時開始報名。

Register online 網上報名



CLICK 按此

For enquiries, please contact Wellness Club

查詢請聯絡耆康社 Tel: (416) 847-8939

Email: wellness@carefirstontario.ca



2024-05-20