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DONNEZ LE MEILLEUR DE VOUS-MÊME BRING OUT THE BEST IN YOU

You're looking for a healthy challenge, and a fun and stimulating way to improve your form? You want to exchange with other taiji enthusiasts and find a sense of camaraderie? Whether you've completed the long (103) form or you're an enthusiastic novice, it may be...

Time to sign up for the 1st annual Tai Chi & Kung Fu Tournament at the Roxboro Community Centre!

Competition Date:	Saturday, May 15, 2010
Registration Deadline:	Friday, April 16, 2010
Program of events:	Opening Ceremony – 9:30 a.m. Competition begins at 10:00 a.m.
Events:	Hand Form Individual - Sections of the 103 (see requirements below) Time limit: 2 to 3 minutes Sword Form - Traditional Yang Family Sword Form (67 postures) Time limit: 5 minutes (Minimum 3 registrants for event to take place) Group event - Hand Form only, same requirements as per individual (Minimum 3 groups registered for event to take place, and minimum 2 persons per group) Closing Ceremony

Requirements for hand form

For novice taiji enthusiasts (3 years or less practice who have not yet completed the form):

1st chapter of the long (103) form. Time limit: 2-3 minutes.

For experienced practitioners:

Time limit 2 to 3 minutes. You may choose to put together your own form, which must include the following 5 elements (in the order you choose):

1. Lan que wei (grasp the bird's tail: sequence of zuo peng, you peng, lu, ji and an)
2. Yun shou (cloud hands)
3. Jin ji du li (golden rooster stands on one leg)
4. Dao nian hou (Repulse the Monkey)
5. Zhuan shen bai lian (Turn body and kick over lotus)

Starting and finishing positions must be facing the judges. The form you design should be in keeping with the 10 principles with flowing transitions between movements. You also have the option of performing the proposed form that follows.

Proposed Competition Form with 5 required elements



1.	Yu bei	Preparation Form
2.	Qi shi	Beginning
3.	Lan que wei	Grasp the Bird's Tail
4.	Dan bian	Single Whip
5.	Zuo you yun shou (1, 2, 3)	Cloud Hands (1, 2, 3)
6.	Dan bian	Single whip
7.	Xia shi	Snake Creeps Down
8.	Zuo jin ji du li	Golden Rooster Stands One Leg, Left
9.	You jin ji du li	Golden Rooster Stands One Leg, Right
10.	Zuo dao nian hou	Step Back and Repulse the Monkey, Left
11.	You dao nian hou	Step Back and Repulse the Monkey, Right
12.	Zuo dao nian hou	Step Back and Repulse the Monkey, Left
13.	Xie fei shi	Diagonal Flying
14.	Ti shou shang shi	Raise Hands and Step Forward
15.	Bai he liang chi	White Crane Spreads Its Wings
16.	Zhuan shen bai lian	Turn Body and Swing Over Lotus
17.	Wan gong she hu	Bend the Bow and Shoot the Tiger
18.	Jin bu ban lan chui	Step Forward, Parry block and Punch
19.	Ru feng si bi	Apparent Close Up
20.	Shi zi shou	Cross Hands
	Shou shi	Closing
	Huan yuan	Return to Normal

Would you like some support and encouragement? Come to one or more of our special preparation classes at the Tai Chi Center:

Friday, March 26, 2010, from 8:00 p.m. to 9:00 p.m. – Information session for potential participants

Friday, April 23, 2010, from 8:00 p.m. to 9:00 p.m.

Saturday, May 8, 2010, from 11:00 a.m. to 12 noon.

} Preparation classes

Registration fees for the tournament:

\$25 per person.

Remember, the **deadline** for the **registration** is **Friday, April 16, 2010**. Registration packages available at the Front desk.

If you have any further questions; don't hesitate to see Eric Ziegler, Sako Chahinian, Vivian Lacroix, Helen Smeja, Nicole Long, or Sergio Arione.