



Prom Coast Martial Arts Club in China

PCMA club recently returned from another successful trip to Guangxi Province in the south west region of China. Instructors and students spent the last two weeks of April with daily Tai Chi training and sightseeing around the magnificent Karst Mountains of the region. Senior Tai Chi instructors Andy and Karen Law have been travelling to this area to train under the guidance of their Chen style Tai Chi master, Master Yang twice yearly now for several years and it has become a second home, it is now a great pleasure for them to be able to take students on this journey to see the possibilities when the principles of tai Chi are practiced at the highest level. The Chen forms practiced have direct Chen family lineage with Master Yang a student of Shi Li (95 yrs old and still training daily), Shi Li was a student of Chen Ke Di who in turn was a student of famous Chen master, Chen Xin. The Chen family link is extremely important. To most people this information means little but for people with commitment to martial art traditions and the benefits that can come from proper instruction it is essential to have this high level of teaching.

For the past few year's students accompanying Andy and Karen have really embraced the culture of not only the internal martial art world of Tai Chi and Qigong but also the culture and customs of the Chinese people and have gained great insight into the lives of the people in rural China.

Anyone interested in trying various Yang or Chen style Tai Chi forms or various Qigong forms is welcome at PCMA clubs Foster or Inverloch classes. Separate classes are held for Yang or Chen Tai Chi, with the focus on traditional forms.

For further information call Andy (AH) on 0409 871 305, Karen on 0438 871 188 or visit club website www.promcoastmartialartsclub.com.au