

健身



Kin San Tai Chi

Tai Chi Sword Workshop

Fri, Sat, Sun 12, 13 & 14 Jan 2018

By Hanneke Verduyn

"The sword technique is exact, and the force is smooth. Practicing it is as gentle as drizzle, powerful as a thunderbolt, sensitive as a cat pouncing on a rat, and steady as a bear walking on the grass."



Location	Gym Oranje Nassauschool, Weissenbruchstraat 119, 2596 GD The Hague
Meals	Tea, coffee, snacks & vegetarian lunch included
Prices	€ 135 all three days, € 65 Sat or Sun, € 25 Fri night
Program	Fri 7-10pm, Sat & Sun 10am - 5pm
Registration	Hanneke Verduyn, tel. 06 44570694/e-mail: j.m.verduyn@planet.nl

"The sword is practiced with a meditative state of mind. Understandably, a meditative state of mind is difficult to achieve in the beginning. Frequently, thoughts will arise in the first years of practicing the forms, as they do in sitting meditation. With growing relaxation and the ability to sink the energy, the state of non-thinking increases and prevails. Sword tai chi is a very rewarding experience at any level. It's movements, done correctly, develop one's awareness, timing, grace, and continued good health"



"The sword is a weapon. Weapons are dangerous. They can accomplish good or evil intentions. The sword arts have an ancient, serious, dignified, mystical, frightening, and venerable tradition - treat them accordingly. Know the qualities of the sword you use in practice."