

Lok Hup Ba Fa Workshop

Fri, Sat, Sun 9, 10 & 11 February 2018

By Hanneke Verduyn

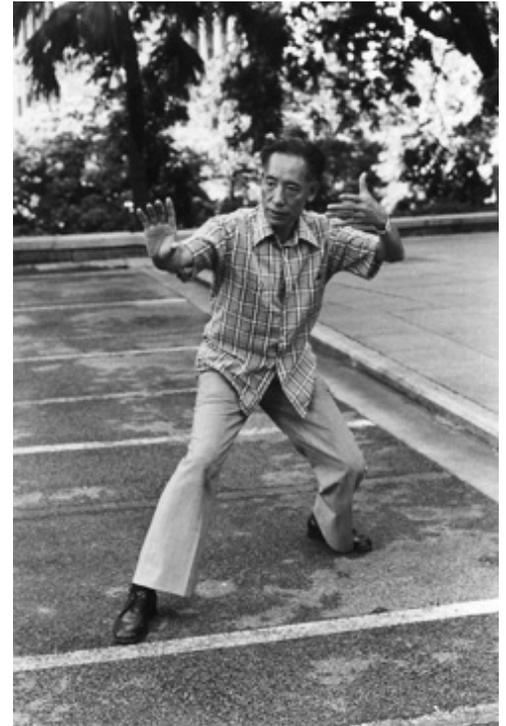
Lok Hup Ba Fa literally translates as 'Six Harmonies Eight Methods'. Sometimes it is called 'Water Boxing' because it is soft like water and has the power of the water. Some moves depict power and strength, others are soothing and soft.



健身



Kin San Tai Chi



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



While Lokhupbafa is difficult to learn and even more difficult to perfect, patience and diligent practice are well rewarded. It challenges students with a variety of intricate movements. It quickly helps them to open up body channels for all the circulations to flow freely. In this way, we believe, it lets the body and internal organs repair and renew themselves.