

## Welcome to Grandmaster Wang Haijun's first newsletter!

In February Shifu was in Galway, Ireland training with Niall O'Floinn's school – [Chen Tai Chi Ireland](#). Thanks for organising Niall!

We had an amazing workshop organized with a mixed group of new participants, some attending for the first time and some advanced students.

The workshop was divided into four sections. The Saturday morning session reviewed and refined the **13 Step** form that Master Wang created during the COVID period. This form requires less space but incorporates extensive footwork and integrates Tai Chi's eight methods of practice.

Peng (ward off),

Lü (roll back),

Ji (press),

An (push),

Cai (pluck),

Lie (split),

Zhou (elbow strike), and

Kao (lean).

People enjoyed practicing this form as it is short yet rich in characteristics.

Saturday afternoon we practiced the **18 Step**

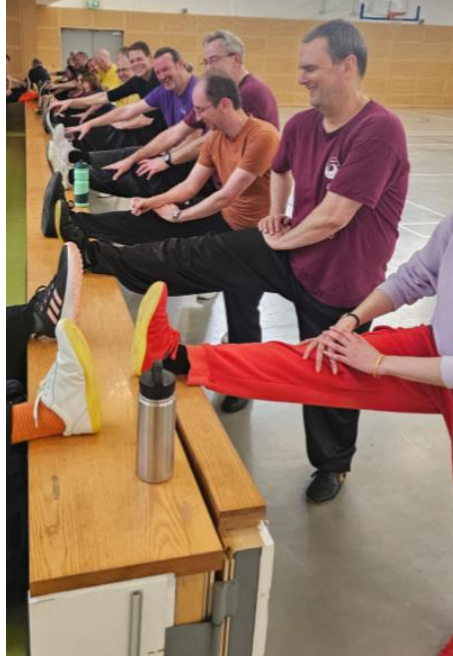


This is traditionally the first form students learn (up until the development of the 13 Step) so this session had beginners who already knew the 13 Step, so 'experienced beginners'. We focused on corrections from the last workshop and completed the next sequence.

For Vimeo link of the 18 Step, click [here](#)

For the Sunday seminar we had intermediate and senior students.

During the morning session we started with a lot of stretching and a lot of kicking... 45 minutes of kicks! This got everyone properly warmed up!



Then we practiced **Laojia Yilu**, focusing on small details through repeated practice.



You can study Laojia Yilu with this Vimeo [link](#)

For the afternoon session we started with 25 minutes of standing, with focus on the stance.

Additionally, we practiced the fundamentals of **Sword** techniques, coordinating footwork with body movements and sword handling.



Click [here](#) for Vimeo of the Sword

In March we have workshops in France and the US, we'll report back on the progress made with students at those events in the next newsletter.

In April we have the Double Sabre Camp in the UK, which will be lots of fun.

You can keep up to date with workshops, seminars on [www.wanghaijuntaichi.com](http://www.wanghaijuntaichi.com)

Keep practicing

WHJ and Team