

Workshop 2026 Venue & Information

Dates/ **Saturday 3rd – Friday 9th January 2026**
Time: **8:00 am to 1:00 pm each day, except**
The last day finishes at 12 :00 pm.

Location: **Blackburn Primary School - Gymnasium**
(Cnr. Whitehorse Road & Surrey Road)
185 Whitehorse Road ,Blackburn
Melbourne, Victoria 3130

Transport: - Trains from Flinders Street station
to Blackburn station
(Lilydale & Belgrave line);
- Bus 901, 286
Free car parking available.

COST: AU\$675 *if paid by 30th November 2025.*
AU\$715 *if paid after 30th November 2025.*
Group discounts AU\$40 each
person (for 4 or more people)

Refreshments: *Coffee and tea will be provided.*

Accommodation: *Need to arrange your own.*

Clothing: *Wear loose and comfortable clothing, and
rubber-soled sport shoes/sneakers.*

Registration: *Provide hardcopy or email the form.*

Payment: *By cash or EFT (bank details to be provided
on request).*

Cancellations: *Subject to administration costs.*

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Welcome to Workshop 2026

Chen Style Taijiquan Academy



proudly presents its 23rd annual one-week intensive Taijiquan workshop by Master Peter Wu. It will be a great opportunity for you to enhance your skills and enrich your understanding and appreciation of authentic Taijiquan.

The structure of each course is based on these objectives and is directed at raising your understanding and Taijiquan skills to a higher level. There is a saying "Without the Taiji principles and the martial applications, there is no Taijiquan." We promise that this workshop will provide you and your friends with a great week of invaluable experience as well as raising your Taijiquan skills to entirely new levels! We are looking forward to seeing you in the workshop. Do not miss this great opportunity to enhance your skills and enrich your understanding and appreciation of authentic traditional Taijiquan.

Best Regards,
Peter Wu

Workshop 2026 Features

The workshop provides a supportive and friendly environment with the following features:

- Master Wu will personally instruct each course assisted by his assistant instructors.
- Each class session consists of concentrated teaching followed by supervised practice sessions.
- Daily review and discussion sessions.
- Certificate of accomplishment will be given to each attendee upon completion of the course.

Master Peter Wu Shi-zeng



Master Peter Wu studied Taijiquan under some of the greatest modern masters including Grandmaster Hong Jun-sheng (student of Grandmaster Chen Fa-ke). Master Wu specialties are in the Chen and Wu (Hao) styles. He has taught and conducted workshops overseas as well as in most Australian states.

Workshop 2026 Courses

A- Hong Style Taijiquan Series 1

洪式太極拳一路

Hong Style Series 1 is characterised by its subtle movements and practical martial applications that are highly effective in deflecting and uprooting an opponent with both feet off the ground. During this course Master Wu will teach the application of each movement in the form and the principles governing the practice and the unique characteristics of the Hong from Style Taijiquan.

B - Hong Style Cannon Fist

洪式太極拳炮捶

Hong Style Taijiquan Cannon Fist is a high-level routine practiced by advanced practitioners for training their combative skills. This routine is characterised by practical combat techniques against multiple opponents. It contains faster movements, jumping, quick footwork in changing directions and more issuing force while maintaining the principles of extending one's energy. This routine, as passed down by Grandmaster Hong Jun-Sheng, is more practical in combat situations as compared with the commonly known Chen style Cannon Fist. Learning this routine will enable the practitioner to raise his/her Taijiquan skills to a higher level.

C- Taijiquan Push Hands - Basics

太極拳推手 - 基础

Push Hands (tui shou) is a practice drill between two people used to instruct Taijiquan principles such as 'non-resistance', 'following an opponent's energy', 'uprooting', 'extension-jin' and 'issuing of power.' This course covers the basic movements of push hands covering the fundamentals, principles, precise meaning, and application of the eleven (11) push hands forms.

D - Taijiquan Shen-jin

太極拳伸勁

Beyond the outer appearance of any Taijiquan movements, there are many internal principles. Incorporating such principles into your movements will develop extension-jin (shen-jin). Consolidated from his many years of practicing and teaching experiences, Master Wu has summarized all the key Taijiquan principles into a syllabus of 18 essential topics. The first three topics, namely *relaxation, opening and upright bow* theory will be covered in this workshop.

E - Taijiquan Teng-fang

太極拳騰放

This intermediate Push-hands course offers the principles of the "7 stages" of issuing of Taijiquan power (teng-fang), i.e., "contact", "following", "deflecting", "stopping", "stringing", "storing" and "releasing/issuing." This course covers the meaning of each of the "7 stage", the basic 4 hand movements, the basic 8 Taijiquan techniques as well as teng-fang using different movements and techniques.

Workshop 2026 Registration Form

Please ensure that all details are clearly filled in.

Name: _____

Address: _____

Tel/Mobile: _____

E-mail: _____

Please choose only one course.

Nominate the course you are interested in attending by marking 'X' in the corresponding box.

- ☐ Course A - Hong Style Taijiquan Series 1
- ☐ Course B - Hong Style Taijiquan Cannon Fist
- ☐ Course C – Taijiquan Push Hands - Basics
- ☐ Course D – Taijiquan Shen-jin
- ☐ Course E – Taijiquan Teng-fang

Amount Enclosed: \$(AUD) _____

Date: _____

For reservation purposes, do you wish to attend the dinner function on Thu 8th Jan 2026? Yes / No Number attending _____

Waiver of Liability

I acknowledge that I shall participate in this workshop at my own risk. I warrant that I am medically sound and agree to accept full responsibility for any injuries incurred to myself in the unlikely event that an injury is sustained whilst participating in this workshop. I accept all risks and release Chen Style Taijiquan Academy and its instructors from any liability (to the extent permitted by law) for any loss or injury due to any negligence or other acts. This release continues forever and binds my heirs, successors, executors, and personal representatives.

Signature : _____

(Parent or Guardian to sign if under 18 yrs)

Rules & Notes:

- We reserve the right to cancel any course where there are insufficient participant numbers. In the event of a course cancellation, participants will be notified as soon as possible.

Your Privacy: Chen Style Taijiquan Academy follows the National Privacy Principles. The information requested is for record keeping and processing only. Your details remain confidential as we do not supply our list to any other organisations/parties.

Workshop 2026 Course Summary

A - Hong Style Taijiquan Series 1

洪式太極拳一路

This course offers the principles and applications of the Chen style (Hong Form) select series, covering:

- The complete Series 1 routine (81 Forms);
- The unique characteristics and principles governing the practice of Grandmaster Hong's Chen style Taijiquan;
- The martial applications of each form.

B - Hong Style Cannon Fist

洪式太極拳炮捶

This course offers the principles and applications of the Chen style (Hong Form) Cannon Fist, covering:

- The Cannon Fist (64 forms) routine;
- The unique characteristics and principles governing the practice of Grandmaster Hong's Chen style Taijiquan;
- The martial applications of each form.

C – Taijiquan Push Hands - Basics 太極拳推手 - 基础

This course offers the basic level of Taijiquan Push Hands exercises and techniques. Participants will be given ample time to train in:

- The fundamental movements, requirements, precise meaning, and application of the eleven (11) push hands forms; and partner practice.

D – Taijiquan Shen-jin 太極拳伸劲

Development of extension-jin (shen-jin) requires incorporating internal principles into Taijiquan movements. Participants will be taught the first three (3) topics out of a syllabus of 18 essential topics, namely *relaxation, opening and upright bow* theory.

Participants will be given ample time to train in:

- Meaning of each topic and practice with correct postures;
- Single movement and combined movements; as well as partner practice.

E – Taijiquan Teng-fang 太極拳騰放

This course offers the intermediate level of Push Hands, covering the techniques of the “7 stages” of issuing of Taijiquan power (teng-fang). Participants will be given ample time to train in:

- The meaning of each of the “7 stages”;
- The basic 4 hand movements of “teng-fang”;
- The basic 8 Taijiquan techniques of “teng-fang”;
- Different hand movements and techniques of “teng-fang;” and partner practice

Chen Style TaijiquanAcademy

陳式太極拳學院

presents

2026 One-Week Intensive Taijiquan Workshop 太極拳一週訓練班

by Master Peter Wu Shi-zeng
Sat 3rd - Fri 9th JANUARY 2026
MELBOURNE, AUSTRALIA



[Explore the Depth & Raise Your Taijiquan Skills to A Whole New Level!](#)

Hong Style Taijiquan Series 1

洪式太極拳一路

Hong Style Taijiquan Cannon Fist

洪式太極拳炮捶

Taijiquan Push Hands - Basics

太極拳推手 - 基础

Taijiquan Shen-Jin

太極拳伸劲

TaijiquanTeng-fang

太極拳騰放