

Join Master Tony Wong's Workshop on

8-Energy Maneuver Drills & 2-person Sparring Set

太極八法二人對練功



In-depth training in the HunYuan Eight Energy Maneuver Drill and Two-Person Sparring Set based on the Taiji Eight Energies foundation:

peng (棚) "to expand, maintain", lu (捋) "redirect, deflect to the side", ji (擠) "press forward", an (按) "press downward", cai (採) "pluck & pulldown", lie (掄) "split", zhou (肘) "elbow strike", kao (靠) "leaning strike".

Sun, June 7: 9:30 am - 4 pm McKenzie Park,

Sun, June 21: 9:30 am - 4 pm 707 Fremont Ave., Los Altos, CA 94024

Each Sunday will include a morning session from 9:00–11:30 AM and an afternoon session from 1:30–4:00 PM.

REGISTER HERE: <https://forms.gle/5rwM1CDQbZfVxvt17>

Or visit: http://www.chenfamilytaiji.com/special_events.html for details



- **Master practical Taiji stepping**
- **Unlock superior combat agility**
- **Bridge the gap between tradition and function**
- **Tackle common misconceptions by focusing entirely on martial application.**

Structured across two separate Sundays. This format gives you the crucial time to practice, review, and truly master the techniques.

Master Wong Wai Yi (Tony) 黃偉兒老師: 美國陳式太極拳聯會

- **Chief Instructor of American Chen Taiji Society (ACTS)**
- **International Taiji Competition First Grade Award & Gold Medalist in China**
- **Sr. Instructor in Chen Qingzhou Martial Arts Association accredited by China's Ministry of Education**
- **Renowned Instructor ("Ming Shi", 名師) certified by Board of Wen Xian Int'l Taijiquan Conf., China**

2026, June 7, June 21: 2-days Summer Workshop with Master Tony Wong

HunYuan 8-Energy Maneuver Drills and 2-person Sparring Set (太極八法二人對練功)

Master Tony Wong will be offering an in-depth training in the HunYuan Eight Energy Maneuver Drills and Two-Person Sparring Set, based on the Taiji Eight Energies foundation: Peng 棚 (to expand, maintain), lu 捋 (redirect, deflect to the side), ji 擠 (press forward), an 按 (press downward), cai 採 (pluck and pull down), lie 掄 (split), zhou 肘 (elbow strike), kao 靠 (leaning strike).

This workshop offers hands-on instruction in both solo maneuver drills and partnered two-person sparring sets, helping students to develop practical understanding of Taiji energies through structured practice. See Workshop flyer for more details.

For videos on the Taiji Eight Energies Two-Person Sparring Drills, including both solo (single-person) and partnered (two-person) practice demonstrations, click solo (1-person) drill, and partnered (2-person) drill.

Location: Los Altos, CA (details available after registration)

Time: 9:30 a.m. - 12:00 p.m. (morning session)

1:30 p.m. - 4:00 p.m. (afternoon session)

June 7:

- morning session: Silk Reeling Exercises, Q&A, 8-Energy Single Person Sparring Drills
- afternoon session: Stances, Q&A, 8-Energy Single Person Sparring Drills practice
- Practice normal Chen Taiji moving step intercepting strike drill vs. dynamic curve upper strike (Peng) intercepting with Lu w/dynamic step

June 21:

- morning session: Silk Reeling Exercises, Q&A, 8-Energy Partnered Sparring Drills
- afternoon session: Stances, 8-Energy Partnered Sparring Drills practice
- Attend details on the sinking (沉) and relaxing (鬆) to make the Ji work, and An that leading into emptiness (引進落空) technique