

形意拳

Xingyi quan

with Andrea Falk

霍安娣教练

January 26 and 28  
2010

7:00 to 9:00 pm



精武会, ChingWu Athletic Association, 213 Pacific  
Ave, Winnipeg.

课程内容形意拳的八式和安身炮。Beginners will learn the basics, more advanced students will learn the short routine 'eight moves', and those knowing the 'eight moves' will learn the partner routine 'anshenpao'.

Andrea Falk has trained Chinese martial arts since 1972, learning in China since 1980.

She has trained xingyi and bagua since 1981. She learns xingyi with Di Guoyong in Beijing, for whom she has translated a three part book. She will be coming to Winnipeg almost directly from a five week training trip in Beijing.

Andrea teaches at the wushu centre in the city where she lives - Montreal (1984 - 1988), Victoria (1992 - 2003), and Quebec city since 2007. The Winnipeg seminar is part of a twice-a-year trip across Canada to maintain ongoing training groups that have been running since 2004. Beginners and newcomers to the groups are welcome. Experienced martial artists from external styles often enjoy the new challenge of xingyi and bagua, and may even heal old injuries and lengthen their training lives.

Medicine Hat January 23-24<sup>th</sup>, Winnipeg Jan 26-28<sup>th</sup>, Guelph Jan 30-31<sup>st</sup>.

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(no, the photo is not xingyi, it's bagua)