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2013 Ma Gui Baguazhang with Andrea Falk

霍安娣教练

Tuesday and Thursday, January 29 and 31, 6:00 to 8:00 pm

There will also be a spear seminar on Wednesday, 6:00 to 8:00 pm.

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

课程内容马贵派八卦掌的《走圈》和基本功。 枪术基本功和形意枪的方法。 The bagua seminars will cover the basics, and the more advanced students will continue the dragon changes. The spear seminar will cover the basics of spear handling, xingyi spear techniques, and the five element spear routine.

Andrea Falk has trained Chinese martial arts since 1972, learning in China since 1980. She has trained bagua since 1981, and Ma Gui Bagua since 2001. 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 yearly 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 often enjoy the new challenge of Ma Gui Bagua, and may heal old injuries and lengthen their training lives.

Medicine Hat January 26-27th, Winnipeg January 29th-31st, Guelph Feb 2nd-3rd. Contacts
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