

# TAIJIBOXING Weapons and Applications Seminar Series



"T the skills of saber. The pace of the movements is faster than the empty hand form. It requires the movements to be standard and accurate. Stress is placed on the coordination of hand form, eye movement, body work, footsteps and skill. The waist is the dominant factor in leading all the movements. The arms follow the bodraditional Yang Style Tai Chi saber belongs to the short weapon in the Yang Style Tradition. It came from Yang Style Tai Chi Chuan empty hand form. The requirements, the method, the style and the characteristics of Yang Style Tai Chi Sabre are basically the same as the empty form. Even some of the postures are like the empty hand form.

Plus, being equipped with the steel saber, the form is more powerful and with a higher spirit. It has a unique style of its own.

The requirements of practising are to also follow “The Ten Essentials of Tai Chi Chuan” as a guideline, andy’s turn. The saber follows the arm’s move.”

- [Yang Zhen Duo](#)

## **Saturday May 14<sup>th</sup> 9.00 a.m. – 12 a.m. 2011- yang style taiji sabre Form**

The Sabre has commonly been known as the foundation of the double blade sword training.

**However, it is generally seen that most Taijiquan practitioners have preferred learning taiji Sword first. They do not understand that without the Sabre’s basic drills and skills, the potential they can reach in taiji Sword training will be shallow.”[Yang Jwing-Ming](#)**

# Taiji Boxing Applications



## **Saturday May 14<sup>th</sup> 1 – 5 p.m. - 2011**

**Taiji Boxing contains rich Taoist concepts. Sifu Dennis Pounall lives and works in Elliot Lake, Northern Ontario**

**as a Paramedic and has been practising martial arts for over 29 years. He has studied Okinawa Karate, Pang Gi**

**Noon Gung Fu, Kali Jujitsu, Kook Sol Won , Korean martial arts and Traditional Yang combat style Taiji Quan.**

**He competes nationally and internationally, and is available for workshops and Seminars. He can be contacted @ [dennis@taijiboxer.com](mailto:dennis@taijiboxer.com)**

Hook Up Muay Thai Dojo  
414 George St  
Peterborough Ontario,  
Saturday September 18th, 2010  
Yang style, Broadsword form 9am-Noon  
TaijiBoxing applications 2-5pm

**COST MORNING: \$35 (SWORD FORM) AFTERNOON: \$35 TAIJIBOXING**  
**\$65 complete workshop.**  
(Members 10% off)For registration information

me



I am Dennis Pounall, a dedicated soul, bound to my craft of Taiji Boxing and Martial Arts. I am available by appointment for on-site seminars and workshops. Please feel free to browse the testimonials and contact me at any time.