

北维太极友社祝大家新年快乐!



Northern Virginia Taichi Club Welcomes Everyone to
the New Year Celebration.
Wish Everyone a Happy New Year!



北维太极友社简介

- 北维太极友社是大华府太极友社的一个分社。我们目前有大约**55**名练习会员，另外我们的电子邮件和微信群还有**130**多太极爱好者拳友。
- 北维太极友社是一个非盈利机构，宗旨是给喜爱太极的朋友们提供一个相互学习，切磋，交流和提高的平台。

A Brief Introduction to Northern Virginia Taichi Club (NVTC)

- NVTC is a branch club under the Greater Washington DC Taichi Club. Currently we have about 70 members. In addition, we have about 180 people participating in our taichi discussions via WeChat and email.
- NVTC is a non-profit organization. It aims to provide a place where people study and practice taichi, learn from each other to improve taichi skills.

北维太极社有众多资深拳友

- 练习时，我们有资深拳友带领初学者。通常我们会逐步讲解每一段或集中讲解一小段，并加以适当的拳理。以加深初学者对动作要领的理解与运用。
- 对于一些难度大点的动作，我们会多次讲解示范。



NVTC has many experienced Taichi Practitioners

- During our normal practice, experienced members lead the beginners. Usually we focus on a particular session of the taichi quan combined with taichi principles, so as to help beginners understand the postures and do them correctly.
- For difficult postures, we explain and demonstrate many times.



大师指点

- 我们会邀请大师来北维太极友社指点。当代旅美武术大师白文祥先生；具有很高国际声誉的李德印大师；陈正雷大师的入室弟子,陈式太极拳第十二代传人刘天姿；等，都曾经来过表演和指导。
- 我们也会邀请国内的名师前来讲学与指导，并且鼓励会员参加。以便会员有提高的机会。
- 加入北维太极友社，你会有很多机会与大师接触并得到指导和提高。

Grand Masters Instructions and Guidance

- NVTC has benefited from Grand Masters instructions and guidance, such as Grand Master Wenxiang Bai, internationally well known Grand Master Deying Li, and Tianzhi Liu, who is the disciple of Grandmaster Zhenglei Chen.
- NVTC also invited famous taichi masters from China to give lectures and guidance. Members are encouraged to participate so they can improve their taichi skills.
- At NVTC you will have a lot of opportunities to meet grand masters and to improve your taichi skills.

欢迎大家加入北维太极友社

- 我们真诚欢迎和希望所有爱好太极运动的朋友，不论有无太极基础，加入北维太极友社。让北维太极友社成为大家交流拳艺，弘扬太极，结交朋友，快乐生活的平台。
- 联系人1：罗冬青： 571-215-7400; 微信：Dongqing_VA; Email: luodongqing@yahoo.com
- 联系人2：张宽 (Karl) 703-400-7899 微信：kzhanggm; Email: kzhang@gmu.edu

NVTC Welcomes Everyone Join Us!

- With open heart, we would like to invite everyone, beginners or experienced taichi players, join NVTC, where you will enjoy the art of taichi and friendship, learn from each other and improve your skills.
- Please contact:
 1. Dongqing at 571-215-7400; Wechat:Dongqing_VA;
Email: luodongqing@yahoo.com
 2. Karl at 703-400-7899 WeChat: kzhanggm;
Email: kzhang@gmu.edu

练习的内容

- 通常我们练习的内容和程序如下：

第一时段 (集体练习):

- 准备活动 * 八段锦 * 五禽戏 * 24式简化太极拳
* 85式杨氏太极拳

第二时段 (分组辅导提高) :

- 八段锦 * 五禽戏 * 24式简化太极拳 * 85式杨氏太极拳 * 太极扇 * 太极剑 * 太极推手

What Do We Learn?

- Our normal schedule includes:
- First session for everyone: warm up exercise, qigong (eight silk brocades and five animal plays), 24, and 85 taichi quan.
- Second session divided into small groups: seniors coach beginners qigong, 24 and 85 taichi quan, taichi sword, taichi fan, and taichi push hand.

练习的时间，地点

- 每周六上午8: 30-10: 30
- 在 cafeteria or gymnasium at Providence Elementary School, 3616 Jermantown Rd, Fairfax, VA 22030。

When and Where Do We Practice Taichi?

- Every Saturday from 8:30-10:30 am
- At cafeteria or gymnasium at Providence Elementary School, 3616 Jermantown Rd, Fairfax, VA 22030.

北维太极扇班 (Taichi Fan Group)

