

## **Introductory Seminar for Partner Exercises in Taichi, Tuishou (Push Hands)**

This seminar is about the introduction to partner exercises in Taichi. The interaction with a partner allows one to experience phenomena and principles, balance, rootedness, relaxation, permeability and more. Perceiving oneself and the other person. How can a force be absorbed, diverted or redirected. It is a playful, friendly approach that enables exciting experiences in contact with a partner that goes far beyond Taichi.

The most important principles:

Adhere - Connect - Follow - Do not resist and do not loosen the connection

No previous knowledge is necessary.

Costs: 130.-

(Regular course participants get a 20% discount)

Seminar Location: "Room for Taichi", Socinstr. 7, backyard, 4051 Basel

Registration: [kontakt@raumfuertaichi.ch](mailto:kontakt@raumfuertaichi.ch)

Further information: [www.raumfuertaichi.ch](http://www.raumfuertaichi.ch)

Leader: Jonas Althaus

Movement person, performer, juggler and guest lecturer for juggling, improvisation and creation at the Academy for Circus and Performance Arts (NL).

During his movement theatre training (Scuola Dimitri 2001-2004) he learned the short form of Taichi Chuan Yang style with Jean- Martin Roy. 2011-2015 he studied with various teachers of Master Chu King-Hung. In 2014 he received his teaching licence from Master Chu. In 2015 he left the ITCCA and became a personal student of Beat Hänsli, who opened up new aspects of natural movement and Taichi Chuan to him.