

Master Chen Bing Bay Area Tai Chi Workshop

陳炳老師灣區太極講座

November 4 – 8, 2026

十一月四日至十一月八日

Omei Academy

10070 Imperial Avenue, Cupertino, CA 95014

Register 登記:

<https://www.usatcf.org/master-chen-bing-bay-area-tai-chi-workshop/>

Laojia Yilu Workshop with Master Chen Bing

陳炳老師老架一路講座

Wednesday, November 4 – Friday, November 6

十一月四日(星期三)至十一月六日(星期五)

9:30 a.m. – 12:00 p.m. 上午九點半至中午十二點

2:00 p.m. – 4:30 p.m. 下午兩點至四點半

Saturday, November 7 – Sunday, November 8

十一月七日(星期六)至十一月八日(星期日)

Module 1 第一節

9:30 a.m. – 12:00 p.m. 上午九點半至中午十二點

Finding the Taiji Body 尋找太極身法

Fang Song Gong 放鬆功

Chan Si Gong (silk reeling) 纏絲功

Fajin (Explosive Power) 發勁, 爆發力

Module 2 第二節

2:00 p.m. – 4:30 p.m. 下午兩點至四點半

Laojia Yilu Form & Applications 老架一路及應用

Bonus Evening Workshop 晚間額外課程

Chen-Style Tai Chi Sword with Master Chen Shaotong

陳紹桐老師陳式太極劍講座

Wednesday, November 4 – Friday, November 6

十一月四日(星期三)至十一月六日(星期五)

7-9 p.m. 晚上七點至九點

Fees for the Workshops 講座學費

Master Chen Bing: Laojia Yilu

陳炳老師老架一路講座

All 5 days 五日: \$550

Single day 一日: \$130

Master Chen Shaotong: Sword Workshop

陳紹桐老師晚間額外陳式太極劍講座

All 3 evenings 三晚: \$180

Single evening 一晚: \$75

Early bird registration: 10% off until July 31, 2026

七月三十一日前註冊有 10% 折扣

Pay by Zelle to 請使用 Zelle 付款給:

USA Taichi Culture Foundation

For questions regarding **registration**, please contact 有關註冊的問題, 請聯繫:

Maria Tzankova, usatcfoundation@gmail.com

For questions regarding the **program**, please contact 有關課程的問題, 請聯繫:

Andrew Wong, awong@awong.com

Private or Small Group Lessons 私人或小班課

By appointment only. Limited availability. Rates are for 1 hour.

僅限預約。時間有限。價格以1小時計算。

1 person 一個人: \$200 (\$300 for push hands 推手)

2 – 5 people 兩至五個人: add \$100 per person 每位加 \$100

Pay by cash 直接付現金

For appointments, contact 預約聯繫:

Andrew Wong, awong@awong.com

Group Dinner with Master Chen 陳炳老師招待晚餐

Sunday, November 8, 6:00 p.m. 十一月八日(星期日)晚上六點

Location 地點: TBD