

INTRODUCTION TO LOK HUP BA FA

Experience the Art of Lok Hup Ba Fa

Avondale United Church

60 Harvey Street
Tillsonburg, Ontario

Cost: \$50 CTCA Members;

\$90 Non-Members

Lunch: \$10 Catered Lunch Available

Please contact the Tillsonburg Branch to register for the class. Indicate if you would like the catered lunch.



Hua Shan (華山), China: Ancestral home of Chen Tuan founder of Lok Hup Ba Fa



The Introduction to Lok Hup Ba Fa workshop will focus on teaching the **first half of the Lok Hup set**. It is recommended that participants have learned the 108 Yang Tai Chi set as taught by Mr. Moy Lin-shin.

The Lok Hup set is a powerful tool to strengthen and open the physiology. Many people who learn Lok Hup notice an improvement in their Tai Chi set. The Lok Hup movements are similar to moves found in the Tai Chi set but have a unique style providing a challenge to new students. Mr. Moy expressed a wish that all Tai Chi students have the opportunity to learn Lok Hup and experience its benefits.

Schedule Saturday October 19, 2019: 10 AM to 4 PM
Saturday November 2, 2019: 10 AM to 4 PM
Saturday November 16, 2019: 10 AM to 4 PM
Saturday November 30, 2019: 10 AM to 4 PM

Please complete the registration form and indicate if you wish lunch.
Send to: Tillsonburg@CanadianTaiChiAcademy.org

Lok Hup Ba Fa (六合八法)

Six Harmonies and Eight Methods of Mind and Will

Lok Hup Ba Fa / Liu He Ba Fa (六合八法拳) is classified as a form of internal Chinese martial arts. It is also called "Xinyi Liuhebafa" and is often referred to as "Water Boxing" (水拳) due to its principles.

Mr. Moy often spoke about the path of return to health through the transformation of the tendons and bones of the body. This can be accomplished with the techniques that have been integrated into the Lok Hup Ba Fa set. One of the best ways to begin the process of the transformation of the body is through learning Tai Chi. It is possible to start with learning the Lok Hup Ba Fa set, but the learning of the Tai Chi set establishes a foundation that makes the movements of the Lok Hup Ba Fa set more understandable and achievable. Mr. Moy also spoke about the intensity of Lok Hup Ba Fa and how it has six times the internal benefit of Tai Chi. The movements are somewhat more strenuous than Tai Chi, so it is recommended that the student have achieved a minimum level of strength and flexibility through the practice of Tai Chi before beginning to study this form. Mr. Moy stated that it was his hope that all Tai Chi students will eventually develop to the point where they can study Lok Hup Ba Fa.



Lok Hup Ba Fa is called the "Six Harmonies and Eight Methods of the Mind and Will" because in the practice of Lok Hup the mind follows the will, the movement follows the mind. Will and movement combine such that heaven, earth, east, west, south and north are all in harmony. The six harmonies are divided into the three external harmonies (head, arms and legs) and three internal harmonies (Upper, Middle and Lower dan tiens). The connector of the external harmonies is the spine. The connector of the internal harmonies is the Tu and Jen meridians. The practice of Lok Hup Ba Fa begins with changing the muscular-skeletal system, continues with changing the internal organs, and completes with the circulation of the internal energy. The culmination of training in Lok Hup Ba Fa is the perfect health of both mind and body. There are sixty-six moves in the Liu He Ba Fa set, divided into two halves. The first half focuses on changing the tendons and transforming the muscular-skeletal structure of the body. The first half is primarily "external" in its emphasis. The second half focuses on massaging the internal organs and transforming the internal structures of the body. The second half is primarily "internal" in its emphasis.

More Information: <https://www.londontaichi.ca/about/lok-hup-ba-fa/>



Canadian Tai Chi Academy

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Introduction to Lok Hup Ba Fa – Tillsonburg Branch

Oct. 19, Nov. 2, Nov. 16 and Nov. 30 2019

Voluntary Release and Waiver In consideration for being permitted by Canadian Tai Chi Academy to participate in the Academy's Activities, I _____ (print name), for myself, my spouse, heirs, legal representatives and assigns, hereby assume all risks for such involvement, and release and discharge the Canadian Tai Chi Academy, its affiliates, agents, officers, and employees, from all liability, claims, demands, actions and causes of action whatsoever, whether known or unknown, arising out of or relating to any loss or damage that may occur either directly or indirectly from my participation in such activity. I enter into this VOLUNTARY RELEASE & WAIVER willingly and with full knowledge and understanding that by my signature below, I am expressly releasing the Canadian Tai Chi Academy from any liability arising from instruction or use of facilities and equipment while engaging in the Academy's activities.

Participant Signature _____

Date _____

(Signature of Parent or Legal Guardian Required if Student Is Less Than 18 Years of Age)

Participant Contact Information

Name: _____

Street Address: _____

City/Province: _____

Postal Code: _____

Emergency Contact

Name: _____

Phone: _____

Relationship: _____

Lunch Order

Oct. 19

Nov. 2

Nov. 16

Nov. 30

Special Request

Vegetarian

Gluten Free

Other:
