



## Taijiquan 太极拳

In cooperation with the University of Hohenheim, we are offering a course in the Chinese martial and moving art Taijiquan.

The gentle movements of Taijiquan are performed mindfully and with minimal exertion. They are typically executed slowly, emphasizing relaxation and proper joint engagement. Practicing Taijiquan enhances body awareness, coordination, and flexibility. It can be learned at any age and does not demand significant stamina or strength.

The course takes place on **Monday, 17:00 – 18:30**. Beginners can join for the first time on January 15<sup>th</sup>, 22<sup>nd</sup>, or 29<sup>th</sup> 2024. If you want to participate, please send me an e-mail: [olaf.lenz@advantest.com](mailto:olaf.lenz@advantest.com)

The course is free of charge, but it will require membership in FC110 after the first few meetings. The course will be held in English unless all participants speak sufficient German.



*Master Tian Liyang*

About the trainers:

Robert Gliniars, a scientific assistant at the University of Hohenheim, and Olaf Lenz, a software architect at Advantest, share a deep passion for Taijiquan, having practiced it for over two and a half decades under the tutelage of master Tian Liyang, the representative of the 15th generation of the Wudang school Xuanwu Pai (<https://www.wudang-europa.de/>).

Both of us have several years of experience in teaching Taijiquan.