



# TAIJI EXPERIENCE

Time: Wednesday 7:30 A.M-8:15 A.M

Location: Grass Field in front of the Harvard Library

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# INTRODUCTION

## Taiji 101

*Taiji is a traditional Chinese martial art. It helps to alleviate chronic pains, improves health, and conveys some basic self-defense abilities if you train seriously and correctly.*

*My name is Xu Shen. I began learning Chen-style Taiji in 2016 from Master Yuan in the lineage of Junsheng Hong school. I am very willing to share my knowledge in Taiji and teach fundamental techniques, loosening exercises, 81 Yilu forms, 64 Erlu Forms and Push hands exercises.*

*If you are interested in Taichi and study, work, or live near Harvard University. Please feel free to contact me. My email address is [xs286@cornell.edu](mailto:xs286@cornell.edu).*

**SIGN  
UP!**