CHEN BING

TAI CHI SEMINAR

Nov 20–22, 2026 · UMBC, Baltimore, MD



LEARN FROM THE SOURCE

A decorated international tai chi champion, Master Chen Bing is recognized as a National-Level Representative Inheritor of Chen-Style Taijiquan (Intangible Cultural Heritage of China). He is a 12th-generation lineage holder and descendant of tai chi's creator, from Chenjiagou, China, the birthplace of tai chi. **Training with him in Baltimore is a rare opportunity.**

UMBC STUDENT PRICES

One session	**$35**
Two sessions	**$50**
All 6 sessions Regular price $360	**$75**

FRIDAY, NOV 20

12:30 pm – 3:00 pm
Tai chi straight sword I

4:30 pm – 7:00 pm
Tai chi straight sword II

SATURDAY, NOV 21

10 am – 12:30 pm
Xinjia Erlu I

2:30 pm – 5:00 pm
Xinjia Erlu II

SUNDAY, NOV 22

10 am – 12:30 pm
Xinjia Erlu III

2:30 pm – 5:00 pm
Xinjia Erlu IV

XINJIA ERLU: THE CANNON FIST

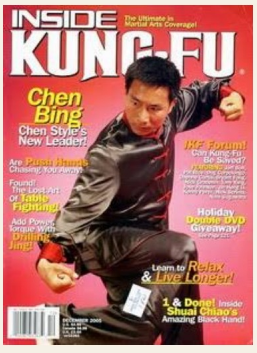
Known as Cannon Fist (Pao Chui), Xinjia Erlu is a dynamic Chen-style tai chi form that embodies yin-yang principles through fluid, coiling movements, and relaxed yet explosive power. Build strength, stamina, and focus as you learn to generate power from the ground up. **All levels welcome!**

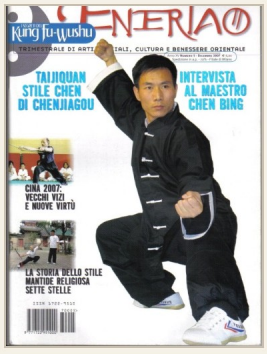
TAI CHI STRAIGHT SWORD

The tai chi sword (jian) trains balance, precision, and whole body coordination. This session will bring energy, refinement, and detail to your sword work.

Some loaner swords are available. Please contact us directly to reserve.

Featured in media worldwide





REGISTER

Scan the code or visit
tinyurl.com/CBtaichi

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Retriever Activities Center
1000 Hilltop Cir, Baltimore, MD 21250

Questions? Contact Sean
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410-929-4244 (text or call)