AN INVITATION TO PRACTICE

MASTER CHEN BING TAI CHI SEMINAR

STRAIGHT SWORD & CANNON FIST



FROM CHENJIAGOU, CHINA TO MARYLAND.

A rare opportunity to learn Tai Chi directly from Master Chen Bing , a 12th-generation lineage holder and nationally recognized representative inheritor of its living tradition.

ALL LEVELS WELCOME

NOVEMBER
19–22
2026

UMBC · RETRIEVER ACTIVITIES CENTER
1000 Hilltop Circle • Baltimore, MD
REGISTER: tinyurl.com/CBtaichi

Learn from the lineage.

Traditional knowledge. Direct instruction. An exceptional opportunity.



TAI CHI STRAIGHT SWORD

MASTER CHEN BING

A living tradition.

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

CHINA INTANGIBLE CULTURAL HERITAGE

Official national inheritor registry

THE SEMINAR EXPERIENCE

Two complementary expressions of Chen-style Tai Chi, each offering a different way to explore movement, coordination, and power through direct instruction from Master Chen Bing.

01

Xinjia Erlu

CANNON FIST · PAO CHUI

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!

02

Tai Chi Straight Sword

JIAN · PRECISION & FLOW

Tai Chi straight sword blends elegance, precision, and intent. Explore fundamental sword principles, balance, coordination, and the flowing martial expression that makes Tai Chi sword both beautiful and practical. All levels welcome!

Find your next level.

Eight sessions, four days of focused instruction.

THURSDAY

NOV 19

Small-group Tai Chi Fundamentals I

10:00 AM – 12:30 PM

Small-group Tai Chi Fundamentals II

2:30 PM – 5:00 PM

FRIDAY

NOV 20

Tai Chi Straight Sword I

12:30 PM – 3:00 PM

Tai Chi Straight Sword II

4:30 PM – 7:00 PM

SATURDAY

NOV 21

Xinjia Erlu I

10:00 AM – 12:30 PM

Xinjia Erlu II

2:30 PM – 5:00 PM

SUNDAY

NOV 22

Xinjia Erlu III

10:00 AM – 12:30 PM

Xinjia Erlu IV

2:30 PM – 5:00 PM

THURSDAY / SMALL-GROUP FUNDAMENTALS

The Thursday sessions are limited to small groups so Master Chen can offer more individualized corrections on fundamental Tai Chi mechanics and principles. They do not cover a specific form. Please indicate your interest when registering. Limited places remain; registration closes when filled.

YOUR PLACE IN THE PRACTICE

Join us in Maryland.



NOVEMBER 19–22 · ALL PRACTITIONERS

REGULAR PRICING

CHOOSE THE SESSIONS THAT FIT

1 SESSION $70	5 SESSIONS $300
2 SESSIONS $120	6 SESSIONS $360
3 SESSIONS $180	7 SESSIONS $420
4 SESSIONS $240	8 SESSIONS $480

SCAN TO REGISTER

tinyurl.com/CBtaichi

REGISTER ONLINE

LOCATION

University of Maryland Baltimore County
Retriever Activities Center
1000 Hilltop Cir
Baltimore, MD 21250

QUESTIONS?

Sean
sean@taichi.life
410-929-4244 (text or call)