

DVD with Sifu Torben Rif – Wudang Tai Chi Chuan



No. 1 - Tai Chi Qigong DVD for all

This DVD shows 8 Tai Chi Qigong and 1 Qigong exercise, which can be made by all ages and genders. The exercises are for beginners and are easy to follow. Sifu Torben Rif explains each exercise in detail, so you have the opportunity to learn them correct from the start.

Languages: Danish – It is very easy to follow for people who don't understand Danish.

Running time: 43 min.

Price: DKK 148 – Euro 20



No. 2 - Wudang Tai Chi Chuan DVD for beginners – Handform (shortform)

The Shortform is made from the Longform and a direct appeal to beginners. It consists of 34 techniques which are put together for a series that takes 4-6 minutes to complete. We start with the squareform and then move on to the roundform. Also displayed are some Tai Chi self-defence techniques.

Languages: Danish – It is very easy to follow for people who don't understand Danish.

Running time: 90 min.

Price: DKK 198 – Euro 25



No. 3 - Wudang Tai Chi Chuan Longform DVD - Handform

Long form is the original form and is addressed to the more advanced students. The Longform consists of 119 techniques, which are divided into 6 sections, which are shown from several angles, first in the square and then in the round version. It is an advantage to learn the shortform, before you start to study the longform.

Languages: Danish – It is very easy to follow for people who don't understand Danish.

Running time: 161 min.

Price: DKK 298 – Euro 40



No. 4 - Wudang Tai Chi Chuan Sabre DVD

Sabreform consists of 81 techniques and is addressed to the more advanced students. The Sabreform is divided into 7 sections, which are shown from different angles. There are also displayed some selected self-defence techniques with the sabre. The Sabre symbolizes the tiger and is one of the traditional Chinese Tai Chi weapons.

Languages: Danish – It is very easy to follow for people who don't understand Danish.

Running time: 25 min.

Price: DKK 298 – Euro 40



No. 5 - Wudang Tai Chi Chuan Sword DVD

Swordform consists of 91 techniques and is addressed to the more advanced students. The Swordform is divided into 12 sections, which are shown from 4 angles. There are also displayed some selected self-defence techniques with the sword. The sword symbolizes the dragon and is the most popular of the tree Tai Chi weapons.

Language: Danish/English text

Price: DKK 498 – Euro 60

Practical Tai Chi Chuan Danmark

Vestergade 12 c 1.th., 7300 Jelling – Phone: (+45) 20667188
taichi@jellingnet.dk – www.ptcc.dk

