



Wu Style Tai Chi Chuan

Grandmaster Eddie Wu Kwong Yu

Visits the

Ann Arbor Academy

March 8 and 9, 2014

The Ann Arbor Academy was very pleased when Grandmaster Eddie Wu Kwong Yu offered to visit for a workshop March 8 and 9. We were joined by the three head teachers from the Detroit Wu style school (the Michigan T'ai Chi Ch'uan Institute) and some of their advanced students. On Saturday, we continued expanding the study we had begun over the past two workshops. That evening, many students joined the Grandmaster, his wife Simo Winnie and Sifu Genie at the nearby Carlyle Grill for an evening of dinner and socializing.

Sunday began with Disciples' class, followed by lunch. In the general workshop which started at noon we learned to apply the principles introduced the day before to various meditation forms, pushing hands, and the standard 108 form. The class ended with work on a pair of throw techniques.

We were thrilled to have the opportunity to again work with the Grandmaster. Everyone learned many new things and had a lot of fun. We look forward to working on these techniques under the tutelage of Sifu Genie, and to continue our study with the Grandmaster.



















































































































































