



Golden Sage Martial Arts
Saturday Web Class
12-12-2020
GSMA web class 12-12-20
Lu Jong and Tai Chi videos



This Lu Jong set was demonstrated by Alicia Karnes, Sensei Ni at GSMA ranked as a Yodan (forth degree Black Belt) in DanZan Ryu Zenyo Bujutsu. She learned this Lu Jong from our friend Keshune also known as Jigme Nailjor lama (Himalayan range) or Pilgram. He learned this Lu Jong and taught this set of exercises to Senior Master Alicia.

Pilgram's Teacher is the venerable Tulku Lobsang Rinpoche, he is a high precious Buddhist master. He bases his teachings on the ancient Tantric knowledge that has been the foundation for Tibetan Buddhism, Medicine, Astrology, and many popular healing techniques. Having a profound knowledge in these matters, Rinpoche now presents to the world the knowledge of his venerable lineage, integrating various disciplines in one, as they originally were.



Pilgram



the venerable Tulku Lobsang Rinpoche

Tai Chi 24 Form Slow Motion with Instructions from Peter Chin.

“During the period of Coronavirus Pandemic time, more and more people have to stay home, I'd like to make all of my Tai Chi related videos available in public so that we can do Tai Chi exercise together without going out. At the meantime, I'll publish more videos and hope to make this period of time a little bit more interesting and beneficial. Here is the link of the complete All-In-One edition of all my Tai Chi 24 Form related videos”.

Please also check the whole playlist of my YouTube Tai Chi related videos through the following link

https://www.youtube.com/channel/UCYrf_ajxX_Ze1yuFyv7J1BQ/playlists?view_as=subscriber

Welcome to the Tai Chi World and Enjoy your practice".

Peter Chin

