

Bret Hall Tai Chi Workshop

Form, Push Hands, Sword - A Deeper Understanding

Tai Chi Center of Madison, WI
1304 S Midvale Blvd, Madison WI
April 17-19, 2026

We are excited to be hosting Bret Hall for a three-day workshop focusing on Tai Chi Form, Push Hands and Sword, the three aspects of practice most emphasized in the Cheng Man Ch'ing lineage. Bret is deeply rooted in the lineage having studied with many of Professor Cheng's most respected students, especially with Carol Yamasaki starting in 1989 until her death, and with Liu Hsi-heng in Taiwan.

Many have encouraged us to host Bret, due to his ability to convey deeper aspects of Tai Chi practice beyond "posturing" and "choreography". Bret's teaching can bring students to deeper experience and clearer understanding of *Center; Root; Connection; Yielding without moving; Returning energy without intent to move; Filling up; Creating One mind... then No mind; Not getting "caught" in your opponent, or your sword; Getting Centered instantly; Being an Open Vessel.*

These are just the sorts of empty words that leave many Tai Chi students confused and misunderstanding . . . until their *meaning* is experienced. That kind of experience is what one gets from masterful teachers, and what we hope we all find in this workshop. Here's what some of past workshop participants say:

"My own experience of Bret's approach is of a profound and functional non-doing. He is very adept at helping you to feel yourself receiving and letting your partner's force return to them and bringing your attention to the subtle obstacles that we put in our way to achieving this." -Redmond Entwistle, UK

"Training form and push hands with Bret is a fresh and unique experience - like traveling on the yin/yang symbol, where the practices and principles of each side are apparently different, but are inseparably conjoined....Bret's rare push hands ability deeply informs his form teaching." -Cay, USA

"Great weekend workshop with Bret Hall. A great reminder that ... it is in letting go and being spacious that we allow the Qi to flow and work." -Phil Wright, Cornwall UK

Friday April 17

- **Session 1 (\$60):** 7:00 p.m. - 9:00 p.m. **Tai Chi Form** work - *for students of all levels*

Saturday April 18

- **Session 2 (\$60):** 10:00 - NOON: **Tai Chi Form** work - *for students of all levels*
- **Session 3 (\$45):** 1:30 to 3:00: **Learning how to push** - How to discover the Root, Demonstrations, Basic Movements. *for students of all levels*
- **Session 4 (\$45):** 3:15 to 4:45: **Push Hands** – Deeper Feeling, Mindset of "Root" and how to use it. *for students with some push hands experience*
- **Session 5 (\$30):** 5:00-6:00 **Sword** (Based on Cheng Man Ch'ing style sword form)

Sunday April 19

- **Session 6 (\$45):** 9:00-10:30 **For Teachers, experienced students and the irrepressibly enthusiastic.**
- **Session 7 (\$45):** 12:30-2:30 **Push Hands**

To Register: <https://www.taichicenterofmadison.com/category/bret-hall>

Workshop Webpage: <https://www.taichicenterofmadison.com/about-5>

For More Information: doug@taichicenterofmadison.com

608-663-8299