

For Information and Participation

Dear Members

The HKIE Veneree Club Monthly Talk

“Tai Chi (Yang Style) Workshop 楊式太極拳工作坊: 太極意念及推手示範”

10 June 2026

You are cordially invited to join the Monthly Talk to be held on 10 June 2026. Members could join the Talk either face to face at the HKIE Headquarters or through on online webinar. Members are required to select the platform in the online registration form. Details of the Talk are listed as below:

Date:	Wednesday, 10 June 2026
Time:	10:00am – 12:00nn
Platforms:	<p>(a) Face-to-Face (Chan Yat Mei Sophie Room, 9/F, The HKIE Headquarters) (Limited number of seats on first-come first-served basis)</p> <p>(b) Online (The ZOOM webinar link and information will be sent through email upon successful registration.)</p>
Talk:	“Tai Chi (Yang Style) Workshop 楊式太極拳工作坊: 太極意念及推手示範”
Speaker:	<p>何兆華師傅</p> <p>何師傅擁有超過 20 年教授楊式太極拳的經驗，教授內容包括楊式 85 式、董氏快拳、刀、劍及推手等，曾於多個私人及公營機構任教，包括中電、香港理工大學活齡學院、教育局員工康樂會、香港特區政府等。</p> <p>由於何師傅及其支援團隊是有電力工程的背景，他們能配合工程的角度講解及分享太極理念。</p> <p>Master Ho has over 20 years plus experience in teaching Yang Style Tai Chi Quan (covering Yang Style 85 Forms, Dong’s Fast Form, broadsword, sword and push hand in private and public bodies including CLP Power, Institute of Active Ageing of HK Polytechnic, Staff Recreation Club of Education Bureau, HKSAR, etc.</p> <p>As Master Ho and his supporting team possessed electrical engineering background, they can explain / share the Tai Chi concepts in a more explainable manner with the participants.</p>
Highlights:	<p>太極拳在全球廣受認可，對不同年齡層及各種身體狀況的人士的身心健康均有裨益。香港工程師學會睿賢學社邀請了一位經驗豐富的太極師傅及其支援團隊舉辦一個互動式「楊式太極拳工作坊: 太極意念及推手示範」，讓大家欣賞這項珍貴的中華文化。</p> <p>「太極意念」一般是指練太極時，心意的專注與引導：用「意」去帶動身體、呼吸與勁路，而不是靠蠻力。它常和「用意不用力」、「意到氣到」、「以意領氣」這些說法一起出現，重點是心靜、身鬆、意專一。</p>

	<p>在太極裡，「意念」不是胡思亂想，而是有方向的專注：例如把注意力放在動作路線、重心轉移、呼吸節奏，讓身體自然協調。這種練法強調內在帶動外在，目的不是只做出動作，而是讓動作有「整體性」和「連貫性」。所以太極的意念訓練，往往包含放鬆雜念、保持中正、意守身體某一部分，慢慢建立「心到、身到、氣到」的狀態。意念訓練常被用來提升動作的整合度、平衡感和身心專注，並幫助練習者更容易進入平穩、安定的狀態。</p> <p>楊式太極拳工作坊包括：</p> <ul style="list-style-type: none"> - 楊式太極拳介紹及其主要原則 - 意念練習——全體參加者 - 楊式 85 式部分動作配合意念練習——全體參加者 - 推手中各種勁力示範（例如長勁、短勁） - 問答環節
Language:	Cantonese
Remarks:	<ul style="list-style-type: none"> • Prior online registration is required. • The webinar link and information will be sent through email at least three days before the event upon successful registration. • Coffee and tea will be provided to face-to-face participants before start of the talk and during the break. • CPD certificate is not provided because retired members are not required to submit CPD hours for their membership continuation. <p>Notes for Face-to-Face participants:</p> <ul style="list-style-type: none"> • Limited number of participants at Chan Yat Mei Sophie Room on first-come first-served basis.

Should you wish to join the talk, please register via the link below **on or before Wednesday, 3 June 2026.**

<https://event.hkie.org.hk/events/share?id=69f986fad0cfff0c0e9329c2&companyCode=hkie>

More information about Veneree Club could be viewed at http://www.hkie.org.hk/en/membership/club_detail/3/. Should you have any questions, please contact Veneree Club via email to venereclub@gmail.com.

Kind regards

Ir Simon CHUNG
Chairman
Veneree Club