

# TAI CHI CALEDONIA



A week of  
**Tai Chi & Chinese  
Internal Arts**  
in the heart of  
**Scotland**



Friday 3rd - 10th  
**July 2009**

## OUR HISTORY

Tai Chi Caledonia, now in its 14th year has grown to become of one Europe's most respected gatherings for tai chi, qigong and other Chinese internal arts. Here are some comments from past participants:

*"The weekend seemed very well thought out, offering a good balance of activities and plenty of choice. It was great to see so many practitioners from different styles coming together and really enjoying themselves."*

*"It was just brilliant! Thanks to our organisers, instructors, entertainers and a special thanks to the kamikaze ducks, mad bunnies and housebreaking squirrels, without which it just wouldn't be the same."*

*"Thanks once again for a fantastic week. I feel as I did last year that I learned a great deal from the week and not just from the instructors, but also from other participants."*

## The LOCATION



Tai Chi Caledonia takes place at the gateway to the Scottish Highlands, near the historic town of Stirling in the heart of romantic Braveheart country. It offers a unique combination of history, heritage and cultural activities.



### Getting There

Stirling is centrally situated, less than one hour from either Glasgow or Edinburgh, Scotland's two major cities. There are a number of budget airlines which serve Scotland. Our website has travel guides. The University is a short bus ride from Stirling railway station



### The Venue

This 14th event is also our 12th year at Stirling University Campus which is set in a spectacular woodland, with lakes and ancient buildings. There are acres of open green space which abound with wildlife. The campus also has a shopping and theatre complex, swimming pool, sports facilities, shops, laundries, restaurants & bars.



### Accommodation

Our week-long residents can enjoy the comfort of their own room in the 5-6 room chalet buildings which boast fully-fitted kitchens, showers, toilets and lounge area. Short-stay visitors will have their own room in an apartment block.

## The Programme



We offer a range of options for attending Tai Chi Caledonia, making it accessible to everybody. You can attend on a day, weekend, whole or part week basis, residential or non-residential.

Our teaching programme starts on Saturday morning at 10.00, after our introductory meeting.



### Weekend Sessions

The weekend sessions include choices of 33 x 45 minute sessions allowing you to get a taste of a variety of approaches to tai chi & Chinese internal arts.



### Week-long Sessions

From Monday - Thursday we offer 2 1/2 hours in the morning and 2 1/2 hours in the afternoon, over the four days allowing 10 hours intensive training, each morning and afternoon, working on 2 separate disciplines for 5 hours per day in total.



### Qigong Training

In the early mornings we offer qigong practice sessions featuring a different teacher each day.



### Push Hands

In addition to the structured classes there will be time for both formal and informal push hands training.

### Discussions

It is customary to stage discussions groups and lecture programmes.

### Entertainment

Over the years we have offered a range of music and dancing which we appreciate is an important part of the event.

## The Instructors



**Nils Klug** has studied Tai Chi Chuan since 1988. A close student of Master William C. C. Chen he became his certified instructor in 1993, the year he founded his own Tai Chi school in Hannover, Germany. Nils is an active promoter of tai chi through his Push Hands Meeting, the largest such meeting in Europe and is Chairman of Taijiquan & Qigong Federation for Europe



**Bob Lowey** has studied martial arts since the 1960's including karate, judo & Wang Kung Shou Tao in 1979. He has taught since 1985 and has achieved international recognition teaching regularly in Europe. He is a 15th generation disciple of Master You Xuande and Vice-President of the Daoyin Association for Scotland



**Sam Masich**, a passionate teacher, is one the most accomplished North American practitioners of Taijiquan and the Chinese Internal Arts, having studied full time since 18 years of age. His work as a full time instructor has, in the past 25 years, taken him to over 100 cities and towns in Canada, USA, Mexico, Spain and Germany.



**Franco Mescola** has studied martial arts for over 40 years and internal arts since 1975. In 1985 he founded the Tai Chi Research Centre in his native Venice and has worked in hospitals researching the effects of qigong on patients. He has also written a number of articles and books on internal arts and hosts an international internal arts festival in Venice.

## The Instructors



**Wang Ning** was born in Nanjing, China where he learned the art of calligraphy since his early childhood. He also studied old Chinese writing and the art of creating Chinese 'chops'. Wang practices Yang style Taijiquan which has greatly enhanced his calligraphy work. He is now living in Germany where he regularly writes on calligraphy.



**Marianne Plouvier** has studied Yang style taiji since 1980 with Antoine Ly and has won a number of medals at various competitions in France, Europe and Taiwan, has worked actively with the French Tai Chi Associations and regularly judges at major European competitions.



**Ronnie Robinson** studied taijiquan since 1981, is a professional instructor and active promoter of internal arts through his various roles as Promotions Manager - Tai Chi Union for Great Britain, Secretary - Taijiquan & Qigong Federation for Europe and editor of Tai Chi Chuan & Internal Arts magazine (UK). He has also written three books on Tai Chi and articles for European and American Journals.



**Paul Silfverstrale** studied Asian martial arts for over 20 years. He has travelled, practiced and taught extensively in Europe, China and SE Asia, and spent time in Malaysia and Singapore practicing with Wu-style people. He is on the Executive Committee of the TCFE, and works professionally teaching Tai Chi Chuan and as a TCM acupuncturist.

## The Instructors



**Faye Li Yip** was born to a traditional Chinese Martial Arts family in Beijing and has studied since childhood. From the age of 7 she trained in Shaolin Quan, then Xing Yi, Bagua and Taiji (Yang and Sun Style) under her father (Prof Li Deyin). She also travelled to many different parts of China to learn from highly respected masters, train with professional coaches and compete with some of China's elite athletes. She has been teaching in the UK since 1990, and she produced many medal-winning students in British National competitions.



**Judith Van Drooge** has studied tai chi for 10 years with Luis Molera and William CC Chen who she is a registered instructor for. Judith has competed successfully in a number of major European competitions where she has won a number of medals in push hands, hand and weapon forms.



**Luigi Zanini** studied Chinese martial arts since 1977 and taught Baguazhang since 1991. Experienced in forms, weapons (1988 Italian Championship) and fighting, he has been studying martial arts and Qigong systems in Europe and USA. With a main focus into Internal Systems (Baguazhang, Yiquan), he had the chance to meet and exchange knowledge with many skilled martial artists during his trips. In 2000 he attained a degree in Chinese Traditional Medicine and Tuina with the Nanjing Academy of TCM. In 2004 he travelled to India to deepen his meditation studies.



## SATURDAY

10.00 - 10.45

### Xing Yi Zhuang Gong

- Faye Li Yip

10.50 - 11.35

### Medical Qigong

- Bob Lowey

11.45 - 12.30

### Dayan Qigong

- Ronnie Robinson

14.00 - 14.45

### 8 Treasures Qigong

- Judith van Drooge

15.00 - 15.45

### Breathe, Breathe, Breathe

- Luigi Zanini

16.00 - 16.45

### 8 Pieces Brocade

- Marianne Plouvier

## SUNDAY

10.00 - 10.45

### Dayan Qigong

- Ronnie Robinson

10.50 - 11.35

### Qigong - Back to Basics

- Luigi Zanini

11.45 - 12.30

### Qigong Stick

- Judith van Drooge

14.00 - 14.45

### 8 Pieces Brocade

- Marianne Plouvier

15.00 - 15.45

### Medical Qigong

- Bob Lowey

16.00 - 16.45

### Zhang Zhuang

- Luigi Zanini

## SATURDAY

10.00 - 10.45

### The Problem with Circles

- Sam Masich

10.50 - 11.35

### Yang Principles & Practice

- Wang Ning

11.45 - 12.30

### Da Mu Xing - Circle Walking

- Luigi Zanini

14.00 - 14.45

### Wudang Sword Skills

- Faye Li Yip

15.00 - 15.45

### Body Mechanics

- Nils Klug

16.00 - 16.45

### Tai Chi Ta Lu

- Ronnie Robinson

## SUNDAY

10.00 - 10.45

### Yang Principles & Practice

- Wang Ning

10.50 - 11.35

### Tai Chi Fan

- Marianne Plouvier

11.45 - 12.30

### Wudang 18 Step Form

- Bob Lowey

14.00 - 14.45

### The Problem with Circles

- Sam Masich

15.00 - 15.45

### Body Mechanics

- Nils Klug

16.00 - 16.45

### Wudang Sword Skills

- Faye Li Yip

## SATURDAY

10.00 - 10.45

### Tai Chi Boxing

- Nils Klug

10.50 - 11.35

### Push Hands

- Judith van Drooge

11.45 - 12.30

### Push Hands

- Paul Silfverstrale

14.00 - 14.45

### Tai Chi Applications

- Franco Mescola

15.00 - 15.45

### Square & Diagonal Energies

- Sam Masich

16.00 - 16.45

### Push Hands

- Franco Mescola

## SUNDAY

10.00 - 10.45

### Chinna

- Franco Mescola

10.50 - 11.35

### Push Hands

- Paul Silfverstrale

11.45 - 12.30

### Tai Chi Boxing

- Nils Klug

14.00 - 14.45

### Tai Chi Applications

- Franco Mescola

15.00 - 15.45

### Tai Chi Applications

- Judith van Drooge

16.00 - 16.45

### Tai Chi Applications

- Paul Silfverstrale

## Your OPTIONS

In order to make Tai Chi Caledonia accessible to everyone we have created a number of options for attending the event.

Over the weekend you can drop in on a non-residential basis for either day, or stay for the full weekend. As the week-long sessions are more in-depth it is advisable to stay on a residential basis to get the most from your time with us. However, if you're local, you can commute too.

### A: Full Week

Arriving on Friday 3rd and departing on the morning of Friday 10 July, your stay will include all meals, accommodation and tuition for the full event. **£450**

### B: Monday - Friday

Arriving on the evening of Sunday 5th and working from Monday 6th - Thursday 9th, your stay will include all meals, accommodation and tuition. **£299**

### C: Friday - Sunday

Arriving on Friday 3rd for the weekend workshops and leaving on Sunday 5th, after dinner, including all meals, accommodation and tuition for the weekend event. **£185**

### D: Friday - Monday

Arriving on Friday 3rd for the weekend workshops and leaving on Monday 6th, after breakfast, including all meals, accommodation and tuition for the weekend event. **£205**

### E: Day Visitor

You can attend on a day only, basis, including lunch. **£55**

## Your BOOKING

Please complete this form, detailing clearly when you want to attend by ticking the relevant box and return it with the correct deposit to the address provided.

### Payment

A 25% deposit is required to reserve your place. Please make cheques payable to 'Tai Chi Caledonia.' and sent to the address below.

### Overseas Visitors

Those attending from overseas are eligible for a 10% discount towards travel costs if they book prior to April 1st and pay the full balance by 30th May. Details of Swiftbank numbers can be sent on request.

### Booking Conditions

Bookings can only be made by paying the appropriate deposit quoted for the time you want to attend. A booking can only be confirmed once the full amount has been received.

Bookings should be made on the form provided, copies of which can be found on our website at:

[www.taichicaldonia.com/booking.html](http://www.taichicaldonia.com/booking.html)

### Cancellations

Cancellations made before April 1 receive 80% refund.  
Cancellations made before May 1 receive 50% refund.  
Cancellations made after June 1 receive 30% refund.  
Cancellations made after June 20 receive no refund.

### Late Bookings:

Any booking after May 1 incurs a 5% surcharge.  
Any booking after June 1 incurs a 10% surcharge.  
Any booking after June 20 incurs a 15% surcharge.

## Monday - Thursday weekday morning workshops running from 10.00 - 12.30



### Push Hands: Principles & Practice - Paul Silfverstråle

Covering the relationship between pushing hands and hand form applications. Key concepts will be: positioning, distance and timing. Optimization of a principle requires use of correct angles and distance as well as understanding biomechanical ideas when delivering and dealing with force. We will focus each workshop on a specific area: Footwork & Entering, Structure, Relaxation & Total Body Force, Distance & Timing, Positioning and Continuity. Open to all ages & levels.

### Health Qigong - Yi Jin Jing - Faye Li Yip

Yi Jin Jing or 'Tendon Changing Classics' is one of the oldest recorded forms of Chinese qigong systems. This system features extended soft and even movements which work to unblock tension, stimulate meridians along major energy channels and enhance the flow of qi. The benefits include: Integration of mind and body, exercising the joints, increasing balance and strength and improves the digestive, cardio-vascular and nervous systems.



### Tai Chi: Principles & Purpose

- Franco Mescola

Franco will show a number of techniques for applying tai chi as an effective system of self-defence including practical applications & chinna grappling techniques.



### Da Mu Xing, Walking the Circle - Luigi Zanini

Circle walking is the most known, specific trademark of Baguazhang, but is also the less "understood" practice. Walking around a tree or in a large circle has the effect of training legs, torso and arms power, creating dynamic strength, a strong foothold, a great sense of balance and the ability to suddenly change direction. Changing the size of the circle allows to discover the spiraling power of the body and new ways to use Fa Jing in fighting.

## Monday - Thursday weekday afternoon workshops running from 14.30 - 17.00



### Tai Chi - From Form Principles to Applications - Judith van Drooge

During these sessions Judith will work with a number of techniques to illustrate the journey through the essential basic principles of tai chi to include training in tui shui, applications and weapons. In addition to working on these various skills, Judith will also look at key points that are integral to being successful in competition. The four days intensive training will compliment practitioners of any style and will be accessible to all levels.

### Jue-shou and Beyond - Sam Masich

Sensing-hands—'jue-shou'—is the partner practice based on the preliminary five of twenty five energies. This class will take participants progressively through these energies using both solo and partner work, and introduce the larger study. Find out what differentiates push-hands from wrestling and how to use energetic studies in a practical way.



### Calligraphy - The Four Treasures - Wang Ning

Following the huge popularity and repeated requests we are pleased to invite Wang Ning once more to give his unique approach to learning the Chinese art of calligraphy. With the four treasures: Zhi (paper), Mo (Ink Sticks), Bi (Brushes) & Yan (Ink Stones). Through practical work you can experience this meditative art.

(All materials need to be pre-ordered at a cost of £25)



### Tai Chi Metal Fan Form - Marianne Plouvier

Marianne offers a unique opportunity to work with the Tai Chi Metal Fan.

Unfortunately at time of press Marianne was unavailable but full details will be posted on our website when we contact her.



## - BOOKING FORM -

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

REGION: \_\_\_\_\_ COUNTRY: \_\_\_\_\_

EMAIL: \_\_\_\_\_

TEL: \_\_\_\_\_

MOBILE: \_\_\_\_\_ GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_

### Period Attending

A: Full Week **£450.00**  B: Mon. - Friday **£299.00**

C: Fri. - Sunday **£185**  D: Fri. - Monday **£205**

E: Day Visitor **£55**

### Workshops Choices

You need only book the workshops running from Monday - Thursday, one in the morning and the other afternoon, which you will study for 10 hours each, in total. There is no need to book for the weekend sessions.

Morning Choice: \_\_\_\_\_

Afternoon Choice: \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_

Quiet Room Please: \_\_\_\_\_