

TAI CHI



CALEDONIA

A week of
**Tai Chi & Chinese
Internal Arts**
in **Scotland**
Friday 9 - 16, 2010

Tai Chi Caledonia, now in its 15th year offers a range of high quality workshops and seminars lead by eminent European Instructors.

You can attend for a week, weekend, part week, or day only basus, residential or non-residential.

Previous participants comments:

"I have had a wonderful week, have been inspired and spent time with some lovely folks, all thanks to your enthusiastic efforts."

"An excellent event. This was my first year attending, and I will definitely consider coming again. The quality of the instruction was first class. and the company friendly and fun."

"Just to let you know that all my group thoroughly enjoyed their visit. Everything was a high standard and we just wanted to let you all know how much we appreciated the help you gave us"

"Thank you so much for your part in organising this year's Tai Chi Caledonia - it was my first time - and I had a great time. Will definitely be back - and next time for the whole week."

Weekend Seminars

SATURDAY

10.00 - 10.45
Dayan Qigong
- Ronnie Robinson
10.50 - 11.35
Medical Qigong
- Bob Lowey
11.45 - 12.30
Dayan Qigong
- Ronnie Robinson

14.00 - 14.45
8 Brocade Qigong
- Marianne Plouvier
15.00 - 15.45
Breathe, Breathe, Breathe
- Luigi Zanini
16.00 - 16.45
8 Pieces Brocade
- Judith van Drooge

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
Basic Concepts of Peng Jin
- Fernando Chedel
10.50 - 11.35
Yang Principles & Practice
- Wang Ning
11.45 - 12.30
Da Mu Xing - Circle Walking
- Luigi Zanini

14.00 - 14.45
Inner Structure, Outer Balance
- Mario Napoli
15.00 - 15.45
Body Mechanics
- Nils Klug
16.00 - 16.45
Tai Chi Ta Lu
- Henk Janssen

SUNDAY

10.00 - 10.45
Yang Principles & Practice
- Wang Ning
10.50 - 11.35
Tai Chi Principles
- Marianne Plouvier
11.45 - 12.30
Wudang 18 Step Form
- Bob Lowey

14.00 - 14.45
Inner Structure, Outer Balance
- Mario Napoli
15.00 - 15.45
Body Mechanics
- Nils Klug
16.00 - 16.45
Basic Concepts of Lu Jin
- Fernando Chedel

SATURDAY

10.00 - 10.45
Tai Chi Boxing
- Nils Klug
10.50 - 11.35
Push Hands for Women
- Judith van Drooge
11.45 - 12.30
Push Hands for Competition
- Henk Janssen

14.00 - 14.45
Tai Chi Applications
- Franco Mescola
15.00 - 15.45
Push Hands & Meditation
- Ronnie Robinson
16.00 - 16.45
Push Hands
- Franco Mescola

SUNDAY

10.00 - 10.45
Chinna
- Franco Mescola
10.50 - 11.35
Push Hands for Competition
- Henk Janssen
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
- Nathan Menaged

Week-long Seminars



Peng, Lu, Ji and An - Mario Napoli

A clear understanding of the four powers of peng, lu, ji and an is an integral part of tai chi training. We will work to instill and develop these essential principles through form work and push hands in both structured and free-style scenarios. This will help you to realise a greater sense of ground connection thereby increasing your stability and ability to respond to external pressure in a more effective manner.

Eight Pieces Brocade - Marianne Plouvier

Baduanjin (created by General Yue Fei) is one of the most common forms of qigong. The name of the form generally refers to how the eight individual movements of the form characterise and impart a silken quality to the body and its energy. Baduanjin is primarily designated as a form of medical qigong, meant to improve health. However, it is also often used by martial artists as a supplementary exercise.



Jianfa: The art of the Chinese Sword - Henk Janssen.

Warm-up exercises with and without the sword, sword techniques to sparring. I will teach parts of the swordform, as taught by Cheng Man-Ch'ing; solo and partner exercises with accent on the jianfa of the Michuan system as taught by Scott M. Rodell. I will also include tui shou and san shou exercises for a better understanding of the use of the sword in Taijiquan.



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.



Tai Chi - Mindfulness & Awareness - Judith van Drooge

We'll be working with essential basic principles of Tai Chi to develop a sense of mindfulness and awareness to serve as practical tools to be effectively applied in daily life. Through repetition and changing focus you will develop a deeper sense of relaxation, inner strength, and external softness. This work will help you to stay relaxed, feel stronger and better able to deal with potential conflicts.

From Principles to Function - Fernando Chedel

In this workshop we will examine some basic principles of tai chi chuan such as peng-jin, lu-jin and 'letting go'. Building on this, we will explore how these principles develop into tuishou and applications, thus giving techniques their special 'tai chi flavour'. Attention will also be given to the use of special tai chi stepping methods in these techniques.



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.



For full details & booking visit:
www.taichicalledonia.com