



TAI CHI CALEDONIA 2004

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



FRIDAY 18TH - FRIDAY 25TH JUNE 2004

The 9th annual Tai Chi Caledonia is once again located in the richly historic region of Stirling, right at the centre of Scotland's 'Braveheart' country, less than one hour from the major cities of Glasgow and Edinburgh.

Our venue is Stirling University Campus which boasts acres of landscaped gardens, woodlands and lakes, lying directly beneath the impressive Wallace Monument with views of Stirling Castle.

Our programme features highly experienced instructors offering a selection of workshops and lectures, designed to deepen your understanding of Chinese Internal Arts.

During the weekend you have the opportunity to choose from 36 short 'taster' sessions of around 1 hour each, on various aspects of Tai Chi Chuan, Chi Kung and other Chinese Internal Arts.

From Monday - Thursday you can study two disciplines in-depth, for 2½ hours per session, morning and afternoon.

We have also scheduled lectures and discussion groups on different topics.

There will also be Traditional Scottish entertainment, singing, dancing and optional free time to explore the Scottish countryside.

Where we are

THE LOCATION

Tai Chi Caledonia takes place near Stirling, central Scotland - the Gateway to the Highlands. Stirling was Scotland's former ancient capital and lies at the centre of our romantic Braveheart county. It offers a unique combination of history, heritage, and cultural activities.

THE VENUE

Our venue is Stirling University Campus which is in a spectacular setting of woodlands, lakes and ancient buildings. It has acres of open green space and offers excellent facilities including swimming pool, cinema, bars, laundries, cafeterias, banks and shops.

ACCOMMODATION

Accommodation is in Alexander Court apartments (week-long visitors) or halls of residence (weekend visitors). Everyone has their own private room and the apartments have fully-fitted kitchens, dining lounges, showers and toilets. **Bed linen is supplied but you need towels.**

NB Please note our usual chalets are unavailable this year.

THE PROGRAMME

Over the course of the weekend we offer a range 'taster' sessions where each instructor presents an introductory seminar on a particular aspect of internal arts. During the course of the week you select two subjects, one in the morning and one in the afternoon, allowing you to work more in-depth, over the course of the week. In addition to the practical work we offer informal discussion groups and lectures.

OTHER ACTIVITIES

The campus has swimming, gym facilities and saunas. We will also be offering informal qigong and push hands practice sessions and a range of social events such as music, singing and dancing.

GETTING THERE

The University is strategically situated in the heart of central Scotland which is well connected to major road and rail routes. Glasgow and Edinburgh international airports are less than 1 hour away and Glasgow Prestwick 1 1/2 hours. See our web site for travel guides.



The Wallace Monument towering over our venue, Stirling University campus.



Who the teachers are



ISABELLE BOITIERE studied Tai Chi Chuan with Dan Docherty for over 11 years. She is regular competitor at major European events and recently won a gold medal at the 2nd Taijiquan & Qigong Federation for Europe's competition in Denmark performing the Wudang Sword Form in the Group Weapons category



IAN CAMERON studied Tai Chi Chuan with Sifu Cheng Tin Hung in Hong Kong in 1971, and has been teaching since the late 1970s. Ian has produced two books and has acquired a reputation as one of the foremost practitioners and teachers of the art in Britain.



BRIAN COOKMAN studied martial arts for 40 years and Tai Chi for 23. He is a certified instructor in Yang & Wu styles and Dragon & Tiger Chi Kung. His special interest is in Tai Chi and Health and is Chairman of the Tai Chi & Chi Kung Forum for Health & Special Needs. He is a NHS instructor for Tai Chi in hospitals



CORNELIA GRUBER studied Taijiquan since 1971 with John Chung Li, T.T. Liang, William C.C.Chen & Bow Sim Mark. She is member of the Professional Assoc. of Taijiquan & Qi Gong of Switzerland and serves of the Executive Committee of the Taijiquan & Qigong Federation for Europe. (TCFE)



DAN DOCHERTY studied Tai Chi Chuan since 1975 with Master Cheng Tin Hung. In 1980 he at the South East Asian Chinese Championships. He has written articles and books and is a founder member of the Tai Cchi Union GB, organiser of the British Tai Chi Open Championships & President of the TCFE.



ARMELLE MALFILATRE studied Wudang Tai Chi Chuan with Dan Docherty for over 12 years. She recently won a gold medal at the 2nd Taijiquan & Qigong Federation for Europe's competition in Denmark performing the Wudang Sword Form in the Group Weapons category.



FRANCO MESCOLA studied martial arts for over 40 years and internal arts since 1975. In 1985 he founded the Tai Chi Research Centre, in Venice, Italy and he has worked in hospitals researching the effects of Qigong on patients. He also writes articles and books on internal arts.



BOB LOWEY studied martial arts since the 60's and Tai Chi since 1982. He established his 7 Stars School in 1986 and travels regularly to China furthering his internal arts studies. Bob serves on the Technical Panel & Executive Committee of the Tai Chi Union for Great Britain (TCUGB) and is a regular participant at European events.



RONNIE ROBINSON studied taijiquan since 1981 and is a full-time instructor who uses taiji and qigong in health, education and business establishments. He is editor of Tai Chi Chuan magazine and Secretary of the Tai Chi Union for GB and of the Taijiquan & Qigong Federation for Europe.



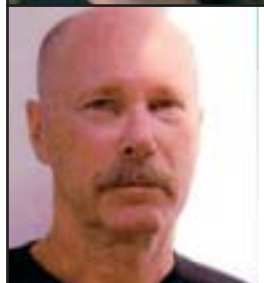
JAN SILBERSTORFF studied Taiji for 20 years, training in Chenjiagou Village with Master Shen Xijing & Grandmaster Chen Xiao Wang. In 1994. He founded the World Chen Xiao Wang Taijiquan Association and is the first foreign to win a medal at Chenjiagou competition and has won medals at major European competitions.



NIGEL SUTTON has been practising Oriental Martial Arts for over 30 years. He studied Baguazhang intensively with Gao Ziyong, Gao Jiwu, Kang Gewu, Bai Wenxiang and Zhao Weidong. He is a disciple in the Zheng Manqing lineage under Tan Ching Ngee, Lee Bian Lei, Lau Kim Hong & Ho Ah San. He lives and works in Malaysia.



DEE SWIFT studied Taijiquan since the 80's and has been teaching Yang style T'ai Chi and Chi Kung for 14 years. A full time instructor who works in a variety of venues from sports centres and village halls to hospitals. Dee is a member of the Steering Group for the T'ai Chi and Chi Kung Forum for Health and Special Needs.



KEN VAN SICKLE studied with Prof. Cheng Man-Ching from 1967-1974 where he instructed for five years. He has also studied archery, wrestling, western fencing, karate and is an expert in many primitive weapons. He regularly runs co-ops on push hands & fencing as a way of sharing and broadening experience in the internal arts.

What can I learn?

Since the inception of Tai Chi Caledonia 9 years ago we have seen a steady increase in the standard of tai chi and internal arts in the UK and Europe. Students now, more than ever, have access to quality material which, in the early days, was generally only available to those who had, or were lucky enough to have teachers who had, travelled to the east to learn their skills. Now in Europe there is a body of work which is the result of these dedicated individuals who worked hard at retaining what they learned whilst working with probably 1,000s of students to find the few who, like them, were prepared to work as hard to continue the tradition of their arts.

Today there are 100s of workshops and seminars where you can learn new systems over a weekend or two or get a insight to different approaches to the practical aspects of the arts. However many dedicated practitioners are more than happy with what they have learned with their original teachers without 'collecting' new styles or forms. With this in mind we have decided to offer a programme which helps the student to deepen what he/she already has by working on principles and techniques to enhance their skill base.

The weekend seminars listed opposite cover a wide range of approaches and techniques from basic training, relaxing and conditioning exercises to looking at alignment, structure and purpose. There are workshops to develop Sword and Fan techniques and a number of opportunities to experience many approaches to partner techniques like pushing hands, san shou, fa jing and chin na.

For the final workshop on Saturday we are staging an open discussion and practical session looking at the question of 'What is Good Form.' A panel of instructors will give their views together with sound practical advice and demonstrations by a number of individuals including national and international competition winners.

Whatever your style, whatever your interest, there is much on offer at Tai Chi Caledonia 2004 to help you to further develop and deepen your knowledge and skills of Chinese Internal Arts.



What's on at the weekend

- SATURDAY -

10.00 - 10.45

Brian Cookman

- ***Get Back Into Line***

10.00 - 10.45

Dee Swift

- ***Daoist Health Exercises***

10.00 - 10.45

Ronnie Robinson

- ***Push Hands***

10.50 - 11.40

Cornelia Gruber

- ***Basic Fan Techniques***

10.50 - 11.40

Franco Mescola

- ***Sensing & Building Qi***

10.50 - 11.40

Ian Cameron

- ***San Shou Training***

11.45 - 12.30

Ken van Sickle

- ***Beginning Sword Form***

11.45 - 12.30

Bob Lowey

- ***5 Animals Qigong***

11.45 - 12.30

Isabelle & Armelle

- ***Pushing Hands***

14.00 - 15.00

Ian Cameron & Dan Docherty

- ***Deconstructing Form***

14.00 - 15.00

Dee Swift

- ***Daoist Health Exercises***

14.00 - 15.00

Nigel Sutton

- ***Fa Jing***

15.10 - 16.00

Ian Cameron & Dan Docherty

- ***Deconstructing Form***

15.10 - 16.00

Ronnie Robinson

- ***'Let Go' - Relaxation Work***

15.10 - 16.00

Franco Mescola

- ***Chin Na***

16.15 - 17.30

WHAT IS GOOD FORM? - *A Practical Discussion*

- SUNDAY -

10.00 - 10.45

Cornelia Gruber

- ***Tai Chi Warm-Ups***

10.00 - 10.45

Bob Lowey

- ***5 Animals Qigong***

10.00 - 10.45

Ian Cameron

- ***Pushing Hands***

10.50 - 11.40

Ken Van Sickle

- ***Beginning Sword Form***

10.50 - 11.40

Dee Swift

- ***Daoist Health Exercises***

10.50 - 11.40

Franco Mescola

- ***Fa Jing***

11.45 - 12.30

Brian Cookman

- ***Get Back Into Line***

11.45 - 12.30

Ronnie Robinson

- ***Taiji Qigong***

11.45 - 12.30

Dan Docherty

- ***Tai Chi Applications***

14.00 - 15.00

Dee Swift

- ***Yang Style Exercises***

14.00 - 15.00

Franco Mescola

- ***Sensing & Building Qi***

14.00 - 15.00

Isabelle & Armelle

- ***Pushing Hands***

15.10 - 16.00

Ronnie Robinson

- ***Inner & Outer Structure***

15.10 - 16.00

Ken Van Sickle

- ***Beginning Sword Form***

15.10 - 16.00

Nigel Sutton

- ***Tai Chi Applications***

16.20 - 17.30

Cornelia Gruber

- ***Basic Fan Techniques***

16.20 - 17.30

Bob Lowey

- ***Relaxation & Massage***

16.20 - 17.30

Franco Mescola

- ***Pushing Hands***

What's on Mon-Thur.

MORNING WORKSHOPS

TAI CHI SWORD - *Ken Van Sickle*

Using the Cheng Man-Ching Sword Form we'll work with: Sword dynamic's, edge, point, centre, movement, energy, circulation, principles and rules, martial applications, fencing techniques etc. These four classes offer the sword student the basics of Cheng Man Ch'ing's sword form and fencing method, so that they may understand it's relationship to the Tai Chi classics, to Cheng Man Ch'ing's philosophy and his body of work, and apply this knowledge to their continuing studies. **All Levels.**

QIGONG DEVELOPMENT - *Franco Mescola*

Using a variety of styles & techniques these sessions will provide an opportunity to take your qigong practice to another level We will be working with sensing and building Qi, changing strength to power, twisting & stretching and Taoist Breathing techniques. **All Levels**

TAI CHI PARTNER WORK - *Isabelle & Armelle*

Anyone who's serious about developing their internal arts should have a knowledge of partner work. Here is an opportunity to work with a variety of partner exercises including Da Lu, Tui Shou and applications. **All Levels**

BAGUAZHUANG - *Nigel Sutton*

Working Bagua Standing Post, Eight Postures and Fighting Applications . **All Levels**

AFTERNOON WORKSHOPS

DRAGON FORM QIGONG - *Dee Swift*

This is a dynamic and lively Qigong Form originating with Sun Lu-t'ang, and containing the wave-like serpentine movements of the dragon. We will learn each movement slowly as a separate exercise before putting them together into the flow of the Form. **All Levels**

ADVANCED PUSH HANDS - *Jan Silberstorff*

Working with advanced skills, including standing postures and reeling silk exercises, to facilitate a deeper understanding of correct body structure to maximise internal energy flow to increase effectiveness in push hands. Students will also discover the difference between technique and real internal work. **Experience preferred.**

20 STEP SAN SHOU - *Cornelia Gruber*

This small two person Tai Chi form which provides a fun way to work with and experience a number of martial applications in a safe, structured way. It sparks up the joy of partnerwork while creating a deeper understanding of your solo practice. **All Levels**

CALEDONIA CHILL-OUT ZONE - *Bob Lowey & Ronnie Robinson*

Recognising the need of many to just relax in the afternoon Bob & Ronnie combine their skills to offer a range of techniques including Shiatsu, Massage – Include "Biofeedback" using meridian tracking techniques and spinal alignment, meditation, relaxation and imagery. **All Levels**



How to book

BOOKING OPTIONS

If you have the time and resources obviously there is much more to be gained from attending the event for the full week. Aside from experiencing the shorter 'taster' sessions, over the course of the weekend, you will really be able to deepen your understanding of two disciplines by studying each day, morning and afternoon from Monday - Thursday. There is also an increased opportunity of sharing your skills with fellow practitioners through the extra formal and informal practise sessions.

If you're curious about the various aspects but unable to attend for the week, the weekend or one-day options will allow you get a 'taste' of what's on offer.

1. Friday 18th - Friday 25th

Arriving on Friday evening and leaving the following Friday morning, June 25th. The cost is £390 and includes tuition, accommodation and all meals - breakfast, lunch and dinner. Accommodation are in private rooms in apartment buildings of six rooms.

Each apartment has two shower rooms, two toilets, lounge and fully fitted kitchen with fridge, cooker etc. Breakfast will consist of cereal, bread, preserves and tea or coffee.

2. Monday 21st - Friday 25th

Arriving Sunday on evening and working from Monday - Thursday (leaving Friday morning) on a residential basis. The cost is £295 inclusive of tuition, all meals and accommodation. (Accommodation as above).

3. Friday 18th - Sunday 20th

Arriving Friday evening, for the weekend workshops, leaving on Sunday evening, before dinner. The cost is £150 inclusive of tuition, accommodation and all meals - breakfast, lunch and dinner on Saturday. Accommodation is in private rooms in halls of residence.

4. Friday 18th - Monday 21st

Arriving Friday evening, participation in weekend workshops, leaving after breakfast on Monday morning. The cost is £175 inclusive of tuition, accommodation and all meals - breakfast, lunch and dinner. Accommodation is in private rooms in halls of residence.

5. Day Visitors

You can attend on non-residential basis, for £60 including lunch and dinner.

- BOOKING CONDITIONS -

Reservations can only be made by paying the required deposit (non-refundable)
Bookings will be considered confirmed once the full balance is paid.

All bookings must be made on the booking form overleaf or additional copies are available from our web site at

www.taichicaledonia.com/booking.html

Where to book

On the previous page you will find details of options and prices for attending Tai Chi Caledonia. Once you have decided how you want to attend please complete this booking form and send it with the required deposit (*non-refundable*) to the address at the bottom of the page.

PERIOD ATTENDING

A. Fri/Fri 18/25_____ B. Mon/Fri 21/25_____ C. Fri/Sun 18/20_____ D. Fri/Mon 18/21_____ E. Day(s)_____

Special Diet?_____ Smoking?_____ Quiet Room?_____

CHOICE OF WORKSHOPS FOR MONDAY-THURSDAY

Morning Choice_____ Afternoon Choice _____

A deposit of 25% of the total fee is required to reserve a place. See over for prices.

Deposit Enclosed:_____ Method of Payment:_____ Balance Due:_____

We offer credit cards for our foreign visitors to ease money exchange.

Credit Card No:_____ Expiry:_____ Name on Card:_____

Name:_____

Address:_____

City: _____ Postcode:_____

Country:_____

Telephone:_____ Mobile:_____

Email:_____ Gender:_____ (for room allocation.)

EARLY BOOKING DISCOUNTS

10% discount will be given to those who book before Monday 1st March 2004

5% discount will be given to those who book before Monday 1st April 2004

Discounts apply only if the complete fee is received by Monday 1st May 2004

All payments should be made to Tai Chi Caledonia and sent to:

TAI CHI CALEDONIA

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