

July 2017  
Friday 14 - Friday 21



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



hosting the 2<sup>nd</sup> European  
Baguazhang Forum

TAI CHI  
CALEDONIA

## The EVENT

Now in our 22<sup>nd</sup> year Tai Chi Caledonia offers a unique opportunity to learn with exceptional teachers who are leaders in their respective disciplines.

Over these years we have earned an international reputation for offering exceptionally high-quality instruction, warm Scottish hospitality, and a genuine caring concern to ensure that everyone who joins us will have an experience that will stay with them forever.

Located in the heart of beautiful Scottish countryside, in the historic 'Braveheart' landscape, we provide comfortable accommodation in private rooms.

All the essential information is contained within this compact programme, however we recommend you visit our website or Facebook pages regularly for a fuller description and updates as we add more things to our programme.

## 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. The region 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 22<sup>nd</sup> event is also our 20<sup>th</sup> year at Stirling University Campus which is set in a spectacular woodland, with lakes and acres of open green space which abound with wildlife. This fresh environment is perfectly suited for training.

### The Accommodation



Residents enjoy the comfort of their own room in the 5-6 room chalets which offer fully-fitted kitchens, showers, toilets and lounge area. We do our best to accommodate our visitors with like-minded people so include your preferences on the booking form.

## The Programme

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

### Weekend Sessions



Our teaching programme starts on Saturday morning at 10.00 after our introductory meeting. The weekend sessions include a choice of 48 x 45 minute sessions allowing you to get a taste of a variety of approaches to tai chi & Chinese internal arts.

### Week-long Sessions



Monday to Thursday you will train 2<sup>1/2</sup> hours each morning and afternoon, over the four days allowing 10 hours intensive training, working on 2 separate disciplines (1 each from A and B) for 5 hours per day in total.

### Baguazhang Training

07.45 - 09.45 Sun till Thursday



As we are hosting the 2<sup>nd</sup> European Baguazhang Forum there will be an opportunity again this year to work with a variety of highly experienced Bagua teachers.

### Push Hands



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

### Talks & Discussions



We also offer a range of talks and discussions on various aspects of Chinese Internal Arts and by popular request a **CEILIDH** on Wednesday evening.



## The Instructors



**Niki Deistler** studied various martial arts since his youth. His primary focus is on Taijiquan by GM Huang Xingxian as well as Taiji Tanglangquan (Praying Mantis style). His two main teachers are Master Lau Kung King (direct student of GM Huang) and Master Zhou Zhendong, lineage holder in Taiji Tanglang in the ninth generation. He has successfully participated in several Wushu Championships in China. In 2006 he and his wife, Yonghui founded TAIJIARTS – association to promote Chinese martial arts and philosophy. He is a professional full-time teacher in Vienna and is a teachers' trainer of the IQTÖ as well as lecturer for Qigong at the Danube University. His work includes various projects on Taiji and coaching and writing technical articles. [www.taijiarts.at](http://www.taijiarts.at)



**Yonghui Deistler-Yi** was born in China 1969. Between 1983-1990 she studied Fine Art at Shandong Art School. From 1990 to 1996 she took masterclasses with Prof. Hutter and Hundertwasser focussing on oil painting. Since 1988 she has been frequently published in art magazines and participated in major exhibitions in China and Austria. She lectured at Liao Ning Art Academy and is a consultant for various exercise courses and workshops in Austria, where she now resides. She has loved Chinese martial arts since childhood and has taught Taijiquan and Qigong in Austria for many years. Whether teaching Taijiquan or painting, Yonghui provides a good insight to Chinese culture, leading students to a better understanding of their arts. [www.taijiarts.at](http://www.taijiarts.at)



**James Lau K King** was born in Malaysia and studied with Grandmaster Huang Sheng Shyan since 1977, focusing on push hands, self defence and health aspects of taijiquan. In his teachings he shares his experiences and practical methodology. He is a very open-minded and a happy Taiji Crazy Man. Inventor of Taiji-Bone, founder of KingTaiji Studio in Sarawak practising the combination Art of Taiji, White Crane, Qin-Na and Lohan Zhang. He has been teaching in the western world since 1999 conducting workshops and seminars in Germany, France, Netherlands, Argentina, Austria, Japan, Australia, Korea, USA, UK and more recently, Slovenia. [jameslaukk@yahoo.com](mailto:jameslaukk@yahoo.com)



**Emma Lee** is a World Tai Chi gold medallist and two times European Tai Chi pushing hands champion. She has been a practitioner of Tai Chi and Qigong since 2002. In January 2010, Emma became Barry McGinlay's first apprentice and trainee assistant teacher for Tai Chi Life School. Emma has additionally been taught by masters Simon Watson, Richard Watson, Wang Yanji, Professor Li Deyin, Faye (Li) Yip, and Tary Yip. Emma has also travelled to China several times to reinforce her Tai Chi training. Emma is recognised as an Intermediate Instructor by the Tai Chi Union for Great Britain (TCUGB) and is a certified instructor of the Longfei Taijiquan Association of Great Britain and the British Council for Chinese Martial Arts (BCCMA). [www.taichilife.com](http://www.taichilife.com)



**Angela Menzel** Born 1969. A wushu lover, clown, drama teacher, director. Angela has been passionately practising Taijiquan since 1992, Tongbeiquan and Baguazhang since 2002 and Xinyiquan since 2010. She loves to foster, present and teach all four disciplines. Training all of them enriches cross connections and development of the other three disciplines and vice versa. Training is always vivid and exciting. Angela was lucky to be able to train in these four classical disciplines through the generosity of the family of Sha Guozheng from Kunming/China, whose head, Sha Junjie, asked her to join the family in 2010. She has also had a long term love affair with different Qigong schools. [www.tai-chi-schule-gettingen.de](http://www.tai-chi-schule-gettingen.de)



**Roberto Benetti** has studied Taijiquan since 1985 later trained in Liu He Xin Yi Quan and Tuina. He has been a professional teacher for over 20 years, working in Italy and abroad where he regularly delivers seminars and lectures at major European events such as Nils Klug's annual Push Hands event in Hannover and perhaps the oldest European event, Rencontres Jasniers in France, to name just two. [www.assoziazionepmc.it](http://www.assoziazionepmc.it)



**Giovambattista Scavo** (GB) has studied Taijiquan since 1996 with Gianfranco Pace, and is one of his closest collaborators. He is part of the ITKA technical commission, looking after the running of the main centre of ITKA in Sicily. He closely supports Master Pace in "Taiji College". He attends courses of Chenshi Taijiquan, Qigong, Chenjiagou Kungfu and TSD System. In ITKA main center he manages the teacher courses for CJG Kungfu and the personal training for novice/intermediate level teachers. [www.itkataji.com](http://www.itkataji.com)



**Gillian Reid** was born in London. Since 1992 she has been studying the art of Tai Chi Chuan and spiral chi kung, known as The Biospirals Method in Venice, with the Italian Tai Chi Research Association founded by Master Franco Mescola, where she graduated and currently teaches. [www.taichi.it](http://www.taichi.it)

## Guest Instructors

**Colin Hamilton** has been practising martial arts for over 40 years. His early training was, Scottish back hold wrestling, western boxing and Shotokan Karate. Training in Tai Chi Chuan since 1983, studied Bagua Zhang, Xing Yi Chuan and Yang, Chen and Wu Hao styles with great teachers - notably Robert France, Ray Wikie, Dr. Zhu Guang, Nigel Sutton and Dr. Chen Haifeng - and has passed these skills on through his school, Yiheyuan Martial Arts. Since 2002 he has also trained in Vale Tudo, Eskrima, submission grappling and historical European swordsmanship and combat. He is a physiologist, a qualified personal fitness trainer and advanced strength and conditioning coach.

**Judith van Drooge** has practised Yang Lineage Tai Chi Chuan with Grandmaster William C.C. Chen since 1999, with great pleasure and devotion. She is an all-round practitioner who successfully competed in national and international tournaments attaining Gold, Silver and Bronze medals in Forms (weapons), Chi Kung and Push Hands. Judith has her own school in Zwolle, the Netherlands, and has been a regular teacher at most of the major European Tai Chi events. [www.inner-touch.nl](http://www.inner-touch.nl)

**Margret Sturtz** Between 1988 – 1991 Margret was a certified dance teacher in the Lola-Rogge- School of Hamburg. Having started Qigong study with Dr Michael Plotz in 1996 Margret has been teaching since 2001. She also began her Taijiquan studies with Dr Michael Plotz in 2009. Margret has been a certified alternative medical practitioner since 2014, having trained in acupuncture since 1995. [www.margretsturtz.de](http://www.margretsturtz.de)

**Helmut Oberlack** born in 1958, started learning taiji and qigong in the early eighties. He has learned Yang-style shortform (Zheng Manqing) and longform (Yang Zhenduo) and a number of qigong-systems like Shibashi, Ba Duan Jin, Yu Bei Shi, and more. He teaches on a private basis at his home in the north of Germany and works for a sports federation in Hamburg training teachers to qualify them to teach qigong in sports clubs. Helmut is also publisher of the German Taijiquan & Qigong Journal.

**Ben Morris** has studied East Asian martial arts for over 20 years: Kyushindo Judo, Taiji, Xing Yi & Bagua. He is an active competitor winning several national and international competitions in tui shou and ground grappling. He has published a number of books on martial arts/philosophies of the orient. He lectures in Health Psychology at Leeds Trinity University. [www.yiheyuan.co.uk](http://www.yiheyuan.co.uk)



**Ronnie Robinson**  
Co-founder of Tai Chi Caledonia  
1953 - 2016  
Sadly missed



## SATURDAY

**10.00 - 10.45**  
**Luohan Gong-An Introduction**  
 - Yonghui Deistler-Yi  
**10.50 - 11.35**  
**Introduction to Straight Sword**  
 - Colin Hamilton  
**11.45 - 12.30**  
**Eight Breaths Qigong**  
 - Emma Lee  
**14.00 - 14.45**  
**Heart Power & Heart Silence**  
 - Margret Sturtz  
**15.00 - 15.45**  
**Water Qigong**  
 - Giovambattista Scavo  
**16.00 - 16.45**  
**Taijiquan Basics**  
 - Yonghui Deistler-Yi

## SUNDAY

**10.00 - 10.45**  
**Introduction to Straight Sword**  
 - Colin Hamilton  
**10.50 - 11.35**  
**Luohan Gong-An Introduction**  
 - Yonghui Deistler-Yi  
**11.45 - 12.30**  
**The Xuan Chuan Sphere**  
 - Valter Doldi  
**14.00 - 14.45**  
**Heart Power & Heart Silence**  
 - Margret Sturtz  
**15.00 - 15.45**  
**Chinese Calligraphy**  
 - Yonghui Deistler-Yi  
**16.00 - 16.45**  
**Yu Bei Shi (Shaking)**  
 - Helmut Oberlack

## SATURDAY

**10.00 - 10.45**  
**Building the Energy Sphere**  
 - Gillian Reid  
**10.50 - 11.35**  
**Shibashi - Set 8**  
 - Helmut Oberlack  
**11.45 - 12.30**  
**Five Element Steps**  
 - James Lau K King  
**14.00 - 14.45**  
**Basic Tui'na Techniques**  
 - Roberto Benetti  
**15.00 - 15.45**  
**3 External Harmonies**  
 - Helmut Oberlack  
**16.00 - 16.45**  
**Respiration in Qigong & Taiji**  
 - Margret Sturtz

## SUNDAY

**10.00 - 10.45**  
**Respiration in Qigong & Taiji**  
 - Margret Sturtz  
**10.50 - 11.35**  
**3 External Harmonies**  
 - Helmut Oberlack  
**11.45 - 12.30**  
**Basic Tui'na Techniques**  
 - Roberto Benetti  
**14.00 - 14.45**  
**Fun in Pushing Hands**  
 - Emma Lee  
**15.00 - 15.45**  
**Shibashi - Set 8**  
 - Helmut Oberlack  
**16.00 - 16.45**  
**Biospirals to Xuan Chuan**  
 - Valter Doldi

## SATURDAY

**10.00 - 10.45**  
**Fixed Step Push Hands**  
 - Ben Morris  
**10.50 - 11.35**  
**Tongbei Jibengong**  
 - Angela Menzel  
**11.45 - 12.30**  
**Internal Art**  
 - Judith van Drooge  
**14.00 - 14.45**  
**San Shou 2 Person Form**  
 - Emma Lee  
**15.00 - 15.45**  
**Sword Training Techniques**  
 - Colin Hamilton  
**16.00 - 16.45**  
**Tongbei Jibengong**  
 - Angela Menzel

## SUNDAY

**10.00 - 10.45**  
**Recycling Energy**  
 - Gillian Reid  
**10.50 - 11.35**  
**San Shou 2 Person Form**  
 - Emma Lee  
**11.45 - 12.30**  
**Tongbei Jibengong**  
 - Angela Menzel  
**14.00 - 14.45**  
**Five Element Steps**  
 - James Lau K King  
**15.00 - 15.45**  
**Sword Training Techniques**  
 - Colin Hamilton  
**16.00 - 16.45**  
**Reflection in Pushing Hands**  
 - Judith van Drooge

## SATURDAY

**10.00 - 10.45**  
**Comfort in Pushing Hands**  
 - Judith van Drooge  
**10.50 - 11.35**  
**Lian Shou (Lotus Hands)**  
 - Niki Deistler  
**11.45 - 12.30**  
**Ding Bu Tui Shou**  
 - Giovambattista Scavo  
**14.00 - 14.45**  
**Taiji Body Conditioning**  
 - Niki Deistler  
**15.00 - 15.45**  
**Reflection in Pushing Hands**  
 - Judith van Drooge  
**16.00 - 16.45**  
**Footwork in Applications**  
 - James Lau K King

## SUNDAY

**10.00 - 10.45**  
**Releasing the Centre**  
 - Giovambattista Scavo  
**10.50 - 11.35**  
**Footwork in Applications**  
 - James Lau K King  
**11.45 - 12.30**  
**White Crane Basics**  
 - Niki Deistler  
**14.00 - 14.45**  
**Comfort in Pushing Hands**  
 - Judith van Drooge  
**15.00 - 15.45**  
**Taiji Body Conditioning**  
 - Niki Deistler  
**16.00 - 16.45**  
**Huan Bu Tui Shou**  
 - Giovambattista Scavo

## Your OPTIONS

We offer a number of options to join us at Tai Chi Caledonia; a day, a weekend, part week or full week on either a residential or non-residential basis.

The weekend sessions offer 48 x 45 minute 'taster' workshops. The week-long sessions are more in-depth so it is advisable to stay on the campus to get the most from your time. However, if you are local, you can commute.

### A: Full Week

Arriving on Friday 14<sup>th</sup> evening and departing on the morning of Friday 21<sup>st</sup> July, 09.00. Your stay includes all meals, (except Tuesday dinner) accommodation and tuition for the full event. **£535.00**

### B: Monday - Friday

Arriving on the evening of Sunday 16<sup>th</sup> and working from Monday 17<sup>th</sup> - Thursday 20<sup>th</sup>. Your stay will include all meals, (except Tuesday dinner) accommodation and tuition. **£335.00**

### C: Friday - Sunday

Arriving on Friday 14<sup>th</sup> evening, for the weekend workshops and leaving on Sunday 16<sup>th</sup>, before dinner. Includes all meals, accommodation and tuition for the weekend event. **£245**

### D: Friday - Monday

Arriving on Friday 14<sup>th</sup> evening, for the weekend workshops and leaving on Monday 17<sup>th</sup>, after breakfast. Includes all meals, accommodation and tuition for the weekend event. **£275**

### E: Day Visitor

You can attend on a day only basis, including lunch. **£70**

## Your BOOKING

Please complete this form, detailing clearly when you want to attend, by ticking the relevant box. 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 send to the address below. Online banking details can be sent on request.

**Please note there will be a £20.00 surcharge for materials for Yonghui's calligraphy workshop.**

### Overseas Visitors

Those attending from overseas are eligible for a 10% discount towards travel costs if they book prior to March 1<sup>st</sup> and pay the full balance by 2<sup>nd</sup> June.

### Booking Conditions

Bookings can only be made by paying the appropriate deposit quoted for the time you wish to attend. A booking will 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:

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

### Cancellations:

before March 1<sup>st</sup> receive 80% refund  
 after April 1<sup>st</sup> receive 50% refund  
 after May 1<sup>st</sup> receive 30% refund  
 after June 2<sup>nd</sup> receive no refund

### Late Bookings:

after April 1<sup>st</sup> incurs a 5% surcharge  
 after May 1<sup>st</sup> incurs a 10% surcharge  
 after June 2<sup>nd</sup> incurs a 15% surcharge

### Final Payments:

Payment in full must be received by **June 2<sup>nd</sup>, 2017**

Visit our website for fuller descriptions of the weekend workshops sessions.

## Monday - Thursday workshops: 10.00 - 12.30 and 14.30 - 17.00



**Application from the form - James Lau K King**  
 We will explore different techniques arising from postures found in the Tai Chi form. The focus will be self-defence and (Qin-Na). We will build our experience step by step using the Eight Energies methodology. If there is sufficient time we may investigate how the classic 13 Postures influence applications.

**Keen beginners to advanced practitioners.**



**Taijiquan, Qigong & Calligraphy: A Practical & Symbolic Insight - Yonghui Deistler-Yi**

Taiji philosophy pervades all aspects of Chinese culture and internal arts and calligraphy is an area where one can practically investigate this. In this workshop we will work with core exercises from Calligraphy, Taijiquan and Qigong to identify interesting correlations between them that are often overlooked. Ideal for anyone who wants to know more about the essence of Chinese culture and the basis of the different internal arts.

**Accessible to all.**



**Tongbeiquan - Angela Menzel**

Tongbei is a true ancestor of Chen Style Taijiquan offering an incomparable range of yin-yang intensities. I will teach it via a variety of jibengong - exercises training different movements and qualities. We can combine these into "micro" forms which in turn can be merged into a linking form, the Tongbei Xiao Lian Huan. You will take a well trained Tongbei form home with you. The experience will enhance your own practice within your disciplines.

**Accessible to all.**



**Internal Work for the Central Axis Force - Roberto Benetti**

In Taijiquan we need to develop a strong Central Axis to transmit force and energy throughout the body. We will focus on internal work to train and strengthen this Central Axis to develop the transmission of force. The exercises for this internal work are characterised by circular, continuous and loose movements with repeated twists of waist and trunk, actively relaxing the hips joint but maintaining stability in the legs. They are performed continuously with ease and many repetitions. **Accessible to all.**

Each instructor will teach 2 mornings and 2 afternoons. Choose one topic from choice A (above) and one from choice B (below)



**Having Fun Developing Skill - Emma Lee**

"Amazing things happen when you're having fun and doing something that you love." (Jenna Lyons) When learning and teaching tai chi it is good to enrich the process by utilising fun and interactive exercises. A relaxed and inclusive environment can make learning quicker, more memorable and enjoyable helping build relationships with training colleagues and teachers. We will practise different exercises covering different areas of your tai chi practice which can be tailored to your personal style and training regime. **Accessible to all.**



**Taiji Tang Lang Quan (Praying Mantis boxing) - Niki Deistler**

Praying Mantis, native to Yantai/Shandong, is a beautiful and unconventional art. Differing in appearance from Taijiquan, but sharing common ancestry and principles like the six Harmonies or sticking and connecting. We will learn a short sequence of the most essential principles of the style. This training is designed to add some mantis features into your Taijiquan to increase your overall skills. Tanglang Qigong and basic exercises will round up our adventure in this exciting art. **Accessible to all.**



**The Principles of the Biospirals Method - Gillian Reid**

The principles of the Biospirals Method are universal and therefore essential to any walk of life. We will take a practical approach to examine these principles which will help us to get familiar with, connect and utilise the interconnected systems of the universe; Heaven, earth and Man, and apply these principles to enrich any form or level of internal martial art.

**Accessible to all.**



**Instinctive Qigong/Tui Shou - Giovambattista Scavo**

We start with a qigong system based on water in its different states (calm, flowing, waving, waterfall & ice) to develop spontaneous movement & a quiet mind. Each state represents & matches a precise "moment" of Taiji movement. We use this to free the centre and increase its mobility, thus improving the flow of qi. This leads to fixed & moving Tui Shou where focus is on elastic force, and avoiding contact while simultaneously counterattacking.

**A good level of physical fitness is recommended.**

## - Booking Form -

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postcode: \_\_\_\_\_

Region: \_\_\_\_\_ Country: \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_ (gender & age information is to help us to accommodate you with similar people)

### PERIOD ATTENDING

A: Full Week £535  B: Mon. - Friday £335

C: Fri. - Sunday £245  D: Fri. - Monday £275

E: Day Visitor £70  A2: Surcharge £20

### WORKSHOPS CHOICES (please tick appropriate box)

You need only book the for the workshops during the week, there is no need to book for the weekend session. You must choose one from each section on the left, sections A & B.

Choice A: \_\_\_\_\_

Choice B: \_\_\_\_\_

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

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

Share Room with: \_\_\_\_\_

Share Chalet with: \_\_\_\_\_

25% Deposit Enclosed: = \_\_\_\_\_