



# **TAI CHI CALEDONIA**

## **11-18 JULY 2008**



**- Tai Chi & Internal Arts in the Heart of Scotland -**

# Where we are



In the Heart of Scotland



Wallace Monument



Standing Stone on campus



Robert the Bruce

## 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

The University is a short bus ride from Stirling railway station. 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 Venue

This 13th event is also our 11th 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 and 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

Over the course of the weekend we offer a range of 30+ 'taster' sessions of approximately 45mins each. During the week there are a choice of two disciplines which you can study in-depth, for two and half hours each day, morning and afternoon, over four days. There will also be early morning qigong practice, informal tui shou practice, lecture and discussion groups. Because of the limitations of space we are unable to provide full details of all our programme and workshops, so you should visit our website regularly for updates, and fuller descriptions of weekend sessions etc. ([www.taichicaldonia.com](http://www.taichicaldonia.com))



## Entertainment

Over the years we have offered a range of music and dancing which we appreciate is an important part of the event. It allows participants to meet informally, relax and let their hair down. Our open night welcomes all performers.

# Who the teachers are



**NILS KLUG** studied Tai Chi Chuan since 1988 and has taught since 1990. He studies with Master William C. C. Chen, and became his certified instructor in 1993, the same year he founded his own Tai Chi Chuan school in Hannover, Germany. Nils has been an active promoter of tai chi chuan through his annual Push Hands Meeting, the largest push hands meeting in Europe and is Chairman of Taijiquan & Qigong Federation for Europe.



**JAN SILBERSTORFF** received his official taijiquan training license from the PR of China in 1989 to teach in China. In 1993 he became the 1st western medalist in the official tournament of Chenjiagou. He is an indoor student and family disciple of Grandmaster Chen Xiaowang in 1994, and together they founded the Chen Xiaowang World Taijiquan Association. Jan is the leader of the German section, the largest organization of its kind.



**BOB LOWEY** has studied martial arts since the late 1960's beginning with karate & judo then moving to 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.



**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 considerable 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.



**SAM MASICH** A passionate and gifted teacher, Sam Masich 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.



**SUE WOODD** has been worked in Complementary Medicine for the past 20 years, founding her own school in 1991. She is a registered Trainer with the Shiatsu Society and she teaches for the European School of Tai Chi Ch'uan, and is a graduate of the College of Cranial Sacral Therapy and teacher affiliated with Yoga Alliance. As an International

Master Trainer she trains fitness instructors and lectures for leading Health Farms a Fitness Companies world wide.



**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. Franco also hosts an international internal arts festival in his native Venice.



**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.



**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 has also written a number of articles on calligraphy.



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



**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 travelled to India for learning meditation.



[www.taichilink.co.uk](http://www.taichilink.co.uk)

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## - SATURDAY -

**10.00 - 10.45**

Wang Ning  
Yang Lineage Principles & Practice

**10.00 - 10.45**

Paul Silfverstale  
Push Hands: Footwork & Entries

**10.00 - 10.45**

Sue Woodd  
Tien Hsiao Qigong

**10.50 - 11.35**

Bob Lowey  
Taiji & Wushu Exploration

**10.50 - 11.35**

Sam Masich  
3 Push Hands tricks

**10.50 - 11.35**

Luigi Zanini  
Qigong - Back to Basics

**11.45 - 12.30**

Ronnie Robinson  
Taiji: Structure & Grounding

**11.45 - 12.30**

Nils Klug  
Tai Chi Boxing

**11.45 - 12.30**

Faye Yip  
Yi Jin Jing

**14.00 - 14.45**

Wang Ning  
Yang Lineage Principles & Practice

**14.00 - 14.45**

Franco Mescola  
Taiji Applications

**14.00 - 14.45**

Sue Woodd  
Strengthen the Immune System

**15.00 - 15.45**

Nils Klug  
Body Mechanics

**15.00 - 15.45**

Paul Silfverstrale  
Push Hands: Positioning in relationship to the opponent

**15.00 - 15.45**

Ronnie Robinson  
Dayan Qigong

**16.00 - 16.45**

Luigi Zanini  
Bagua for the Spine

**16.00 - 16.45**

Sam Masich  
Taiji: Finding Centre

**16.00 - 16.45**

Bob Lowey  
Qigong & Medical Massage

## - SUNDAY -

**10.00 - 10.45**

Ronnie Robinson  
Tai Chi Ta Lu

**10.00 - 10.45**

Nils Klug  
Tai Chi Boxing

**10.00 - 10.45**

Luigi Zanini  
Breathe, Breathe, Breath

**10.50 - 11.35**

Bob Lowey  
Taiji & Wushu Exploration

**10.50 - 11.35**

Sam Masich  
Taiji Jue-shou

**10.50 - 11.35**

Sue Woodd  
Reset the Body's Clock

**11.45 - 12.30**

Faye Yip  
Intro to Taiji Fan

**11.45 - 12.30**

Paul Silfversrtale  
7 Stars Pushing Hands

**11.45 - 12.30**

Ronnie Robinson  
Dayan Qigong

**14.00 - 14.45**

Wang Ning  
Yang Lineage Principles

**14.00 - 14.45**

Franco Mescola  
Pushing Hands

**14.00 - 14.45**

Bob Lowey  
Medical Qigong

**15.00 - 15.45**

Luigi Zanini  
Bagua for the Spine

**15.00 - 15.45**

Sam Masich  
3 Push Hands tricks

**15.00 - 15.45**

Faye Yip  
Ba Duan Jin

These weekend topics are correct at the time of going to print but we may amend or add more choices at a later date.

## - MORNING WORKSHOPS -

### **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. Although everything is interrelated we will focus each workshop on a specific area: Footwork & Entering, Structure, Relaxation & Total Body Force, Distance & Timing, Positioning and Continuity. This workshop is open to everyone regardless age or level.

### **Sun Style Taijiquan - Principles and Characters - Faye Yip**

Using mainly the Short Form as a basis to explore the flow of the Qi, the alternation of movement and stillness, separation and uniting, above and below, external and internal, are all as one. We will also look at the health benefits of the Sun Style Taiji.

### **Taiji Sitting Meditation - Jan Silberstorff**

These sessions will cover three level of Taiji sitting meditation. The first level is about the development of internal strength and calmness. The second level is about the development of concentration, stillness and dantian. The third level is about the authentic experience of emptiness. By correct practise, strong internal strength, strong dantian the spiritual state from taiji to wuji should be attained. The class is open for everybody. All three levels will be explained and practised.

### **Qigong - Franco Mescola**

A 'Coiling Set' qigong system which Franco calls, 'Spiale Nosema' works with twisting and stretching, massaging fascia to produce and correct the qi energy system. We will also focus on qigong for health and martial art use. We will also work with spiraling meditation for changing LI to CHI using 5 postures to facilitate the flowing of incoming Chi and how to build and store vital energy.

## - AFTERNOON WORKSHOPS -

### **Baguazhang, Single Palm Change - Luigi Zanini**

The only truth in Baguazhang is the Single Palm Change, the ability to evade and the skill to enter and strike. Since this is the trade mark of this art, different versions and drills will be introduced and worked. The aim is to reach an understanding of this art, in order to improve the quality of Baguazhang practice, enhance the form practice and get a strong and flexible body.

### **The Art Internal Alchemy - Sue Woodd**

An opportunity to balance, activate and transform Qi which serve as a bridge between the internal and external practices. We will be covering: The Link between Martial Art and Immune System, how to re-set the body's energy clock and work with elemental energies and energy centres. Powerful practices to re-charge Qi and develop internal strength and increase sensitivity to Qi for martial art applications. The importance of adapting classes and practice to adapt to seasonal, climatic and social changes Daoyin and self massage to develop physical and energetic aspects including healing and revival techniques.

### **Taijiquan Core Principles - Sam Masich**

How do I make sense of the myriad approaches to taijiquan? What makes one style behave one way and another so differently? How can I tell if I'm doing things right? How can I make my push-hands behave consistently with my form—my applications with my push-hands? Sam takes a progressive approach to the ancient classics in a workshop that will change how you think about taiji forever. One of the true western pioneers of principle based taijiquan, Sam has been tinkering-with and refining the classical material for over a quarter century. From basic standing through form, push-hands, sabre, sword, spear, this work is applicable to every aspect of the art. Learn to distinguish between deep and shallow approaches to stance, movement, touch and intent. Don't worry about style—this week is about substance.

### **Calligraphy - The Four Treasures - Wang Ning**

A unique opportunity to learn the basics of Chinese 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)**

## - BOOKING OPTIONS -

In order to allow as many people as possible to experience Tai Chi Caledonia we offer a range of options for attending.

Over the course of the weekend you can drop in on a non-residential basis for the workshops on Saturday and Sunday, stay for either the short or longer weekend, attend from Monday to Friday morning taking in the intensive week-long sessions or come for the whole week and enjoy the full and varied programme at its best.

If you need any advice or assistance with your booking drop us a line or call and we'll do our best to help you.

In creating this programme we have tried to offer a range of material to suit practitioners of all levels from complete beginner to advanced level.

### **A Friday 11 -Friday 18 July 2008**

Arriving on Friday evening and leaving the following Friday morning, July 18. The cost is £435 and includes tuition, accommodation and all meals, breakfast, lunch and dinner. Accommodation consists of a private room in a chalet building of five rooms which includes showers, kitchen and lounge area. Breakfast consists of cereal, bread, preserves and tea or coffee.

### **B Monday 14 - Friday 18 July 2008**

Arriving on Sunday evening, after dinner and working from Monday 14 - Thursday 17 (leaving Friday morning). The cost is £299 and consists of tuition, meals and accommodation as above.

### **C Friday 11 - Sunday 13 July 2008**

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

### **D Friday 11 - Monday 14 July 2008**

Arriving Friday evening for the weekend workshops, leaving on Monday morning after breakfast. The cost is £199 inclusive of tuition, accommodation and all meals - breakfast, lunch and dinner. Accommodation is in private rooms in halls of residence.

### **E Day Visitors**

You can attend on a non-residential basis at £50 per day.

### **Booking Conditions**

Bookings can only be made by paying the appropriate deposit stated overleaf. A booking will only be considered confirmed once the full amount has been paid.

Bookings should be made either on the form provided overleaf or on a copy.

Additional copies can be found on our website at

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



# Where to book

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

## PERIOD ATTENDING

A. Fri/Fri 11/18 \_\_\_ B. Mon/Fri 14/18 \_\_\_ C. Fri/Sun 11/13 \_\_\_ D Fri/Mon 11/14 \_\_\_ E. Day(s) \_\_\_

Special Diet? \_\_\_\_\_

Quiet Room? \_\_\_\_\_

## CHOICE OF WORKSHOPS FOR PERIOD MONDAY - THURSDAY

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

**A 25% cheque deposit is required to reserve a place.  
Please see previous page for full details.**

Deposit Enclosed: \_\_\_\_\_ Balance Due: \_\_\_\_\_

### - OVERSEAS VISITORS -

Any overseas visitor who attends for the whole week and books before April 1 will receive a 10% discount towards overseas travel. Please email for assistance for best payment method.

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

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

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

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

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Mobile: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

## 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 July 1 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 July 1 incurs a 15% surcharge.

## **TAI CHI CALEDONIA BOOKING OFFICE**

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