

TAI CHI CALEDONIA



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



**Friday 9 - 16
July 2010**

Previous participants comments:

Tai Chi Caledonia, now in its 15th year has grown to become one of Europe's most respected gatherings for tai chi, qigong and other Chinese internal arts. Here are some comments from past participants:

"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."

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 15th event is also our 13th 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



Fernando Chedel studied Tai Chi Chuan for 34 years and was a close student of Master Ma Tsun-Kuen for 20 years in Buenos Aires. He is Director of the International Ma Tsun-Kuen Tai Chi Chuan school which includes teachers and schools in Argentina, Spain and Germany. His main interests are Tai Chi Chuan as a martial art and as a practical philosophy.



Henk Janssen studied Tai Chi Chuan since 1976. He practises Yang style in the lineage of Cheng Man-Ch'ing with Y.T. Phoa, Rob and Erich Völke, Daniel Smit and swordwork with Scott M. Rodell. Teaching since 1985 one of his passions is tui shou where he has successfully competed in various national and international events. He is also a dedicated musician.



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

The Instructors



Franco Mescola studied martial arts for over 40 years & 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.



Nathan Menaged is a senior disciple of Grandmasters Williams C.C. Chen and the late Dr. Tao Ping-Siang (1919-2006). Having learned the Water style and Tai Chi Chuan from Dr. Tao, Nathan has been conducting workshops throughout the U.S. and Europe for the past 15 years. His passion for transmitting these Arts is exemplified in his relaxed and simultaneously energetic teaching style that is down-to-earth and easy to understand.



Mario Napoli was a close student of Stanley Israel who in turn was a student of Cheng Man-Ching for 11 years. Mario focusses primarily on push hands and has won many tournaments in the USA and Europe and was a successful competitor in Chinese competitions. He teaches regularly in Europe.



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

The Instructors



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).



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 studied martial arts and Qigong in Europe and USA. With a main focus into Internal Systems (Baguazhang, Yiquan), he has met and exchanged knowledge with many skilled martial artists during his trips. He has a degree in Chinese Traditional Medicine and Tuina with the Nanjing Academy of TCM.



SATURDAY

10.00 - 10.45

Water Form

- Nathan Menaged

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

- Faye Li Yip

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

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 9th and departing on the morning of Friday 16th July, your stay will include all meals, accommodation and tuition for the full event. **£450**

B: Monday - Friday

Arriving on the evening of Sunday 11th and working from Monday 12th - Thursday 15th, your stay will include all meals, accommodation and tuition.

£299

C: Friday - Sunday

Arriving on Friday 6th for the weekend workshops and leaving on Sunday 11th, after dinner, including all meals, accommodation and tuition for the weekend event. **£185**

D: Friday - Monday

Arriving on Friday 6th for the weekend workshops and leaving on Monday 12th, 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.taichicalledonia.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 workshops running from 8.00 - 10.00 and from 14.00 - 17.00



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.

Recommended for those with some experience or a willingness to work hard.

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.

Recommended for those with some experience or a willingness to work hard.



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. **Experience preferred.**



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.

Each instructor will teach two mornings and two afternoons. Choose one topic from above and one from below.



Tai Chi - Mindfulness & Awareness - Judith van Drooge

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

Suitable for all levels.

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.

Suitable for both relative beginners and the more experienced.



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) - Open to everyone.



"Dragon Stirs the Water" Cane Form - Nathan Menaged

Nathan developed this form from his 30+ years of experience in martial arts. Based on the principles of five dimensional yielding-yielding in three dimensions, time, and mind. You can learn how to "yield and return" as a continuing cycle. At the core of this form is a concept that "an attack (return) can come from a yield but a yield can never come from an attack." The form is also a two-person fighting (yielding) set. **Suitable for all levels.**

- 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 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.

Morning Choice: _____

Afternoon Choice: _____

Special Dietary Needs: _____

Quiet Room Please: _____