

## The EVENT

Now entering its 17th year Tai Chi Caledonia offers an opportunity to learn with exceptional teachers who are leaders in their respective disciplines.

2012 is the year of the Water Dragon - a time for movement and change and a time to consider new paths to growth and development.

We have carefully selected highly inspirational teachers to deliver high quality material which will assist you in developing effective tools to grow and flourish in these challenging times.

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 program, however we recommend you visit our website for a fuller description.

## 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 17th event is also our 15th 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 Accommodation

Our week-long residents can enjoy the comfort of their own room in the 5-6 room single-storey 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 all. You can attend on a day, weekend, whole or part week basis, residential or non-residential.

### The Weekend Sessions



Our teaching programme starts on Saturday morning at 10.00, after our introductory meeting.

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.

### The Week-long Sessions



From Monday - Thursday we offer 2 hours in the morning and 3 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.

## The Instructors



**Tina Faulkner** Tina began training in Gong Fu at the age of 7 and at 12 she was helping to teach kids' classes, for her teacher and father, Gordon. At 20 she studied Daoyin Yangsheng Gong at Beijing Sports University entering 2 international Daoyin Yangsheng Gong competitions, winning 2 gold medals. She continued Taijiquan training with Master Shi Ming at the Purple Bamboo Park. She teaches Taijiquan and Qi Gong professionally and has also been invited to teach a number of times in America and Europe. Tina continued her studies, returning to China on a number of occasions. Since the passing of Master Shi Ming, Tina now goes to study Taijiquan with Master Chen Li Sheng on WuDang Mountain.



**Dr. Roger Jahnke** has 30 years of practice of Traditional Chinese Medicine & 45 years training in taijiquan & qigong and has written a number of well-respected books on these subjects. The Healer Within: The Four Essential Self-Care Methods For Creating Optimal Health, The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi distill the best and most important lessons gleaned from master Qigong teachers, with guidelines for tailoring a self-healing regimen for any age or medical condition.

[www.feeltheqi.com](http://www.feeltheqi.com)



**Gianfranco Pace** began Taiji Quan in his late teens researching and studying with different masters all around the world. He studied in Cheng-du the internal kungfu of Sun Lutang, with Master Gou Honghai and in Chenjiagou with Master Chen Xiaoxin. He teaches and trains in old and new routines (laojia, xinjia), weapons (sword, saber, Gundao, lance, pole and double weapons), tui shou and fighting.

## The Instructors



**Sonja Schillo** Hooked on dancing and various kinds of sporting activities, in 2000 Sonja Schillo fell in love with Chinese martial arts, her favourite disciplines being Taijiquan and Baguazhang. Her most impelling teachers are Angela Menzel, Volker Jung, Sha Junjie and Li Bin. Being a close student of the two last mentioned, in 2010 she was accepted as a member into the Sha Guozheng family. Together with Angela Menzel she is teaching at the Tai Chi Schule Göttingen, Germany, focusing on inner arts.



**Jan Silberstorff** received his official taijiquan training license from the PR of China in 1989 to teach taijiquan in China. In 1993 he became the first western medalist in the official tournament of Chenjiagou, and became the first western indoor student and family disciple of Grandmaster Chen Xiaowang. He teaches as a 20th generation successor of Chen family. Together they founded the Chen Xiaowang World Taijiquan Association. Jan became the leader of the German section, which is now the largest organization of its kind. He is fluent in Chinese having lived in China for many years. The International Wushu Federation of the PR of China awarded him the highest duan grade in GM Chen Xiaowang's western taiji community. He has published many articles, 4 books, several DVDs, and has produced 2 TV series about taijiquan. Jan teaches in 15 countries and lives in Brazil. [www.wctag.de](http://www.wctag.de)

He has created a unique fighting system, Taiji Self Defence (TSD), blending aspects of Taiji quan and Street fighting. In 2009 he founded his own Taiji school, which is the main base of International Taiji Quan Kung Fu Association (I.T.K.A.). This school has been built to develop a taiji traditional teaching place and today it trains students, from all around the world in a place where they live and train. [www.itkataiji.com/](http://www.itkataiji.com/)

## The Instructors



**Ken van Sickle** practised Wrestling and Archery in high school and went on to study Foil and Sabre fencing. He studied tai chi with Cheng Man Ch'ing in 1967, attending classes 3 or 4 days a week, studying Solo form, Sword form, Push hands and Fencing, becoming an instructor in 1971. He continued to study with Cheng Man Ch'ing until 1975 and has been teaching Tai Chi since 1980. He teaches form, push hands, sword, fencing and Chi Gung, having a special feel for Tai Chi Sword. Ken teaches with the method and in the spirit of Cheng Man Ch'ing. [www.sinobarr.com](http://www.sinobarr.com)



**Gary Wragg** studied boxing in his youth and judo as a teenager, Za Zen in his early 20's, then Wing Tsun and Escrima. He began his Tai Chi Chuan studies in 1973, initially learning Yang Style with Gerda Geddes, then with John Kells between 77-79. He began training in the Wu Style with Seow Poon Shing from 1979-83 before ultimately settling with Sifu Wu Kwong Yu from 1983 to present and continuing as a Senior representative of the Wu Family Clan in UK & Europe. Gary is also a founding member of the Tai Chi Union for Great Britain where he has served as Chairman a number of times. [www.wustyle-europe.com/academy\\_sifu.html](http://www.wustyle-europe.com/academy_sifu.html)



**Luigi Zanini** has studied Chinese martial arts since 1977 and has 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 on 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. <http://lzanini.blogspot.com>

July 2012  
Friday 13 - Friday 20



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



TAI CHI  
CALEDONIA



## SATURDAY

10.00 - 10.45

**Kai He Qigong**

- Luigi Zanini

10.50 - 11.35

**Medical Qigong**

- Bob Lowey

11.45 - 12.30

**Essence of Medical Qigong**

- Roger Jahkne

14.00 - 14.45

**7 Modes Meditation**

- Gary Wragg

15.00 - 15.45

**Qigong 'Mother Sequence'**

- Gianfranco Pace

16.00 - 16.45

**Golden Elixir Alchemy**

- Roger Jahkne

## SUNDAY

10.00 - 10.45

**Qigong for Stress Relief**

- Tina Faulkner

10.50 - 11.35

**Kai He Qigong**

- Luigi Zanini

11.45 - 12.30

**Secret of the Golden Flower**

- Roger Jahkne

14.00 - 14.45

**Qigong for Stress Prevention**

- Tina Faulkner

15.00 - 15.45

**Medical Qigong**

- Bob Lowey

16.00 - 16.45

**Kai He Qigong**

- Luigi Zanini

## SATURDAY

10.00 - 10.45

**Tai Chi Sword Grip**

- Ken van Sickle

10.50 - 11.35

**Xingyiquan**

- Sonja Schillo

11.45 - 12.30

**Training Tai Chi Basics**

- Ronnie Robinson

14.00 - 14.45

**Wudang 18 Step Form**

- Bob Lowey

15.00 - 15.45

**Bagua Single Palm Change**

- Luigi Zanini

16.00 - 16.45

**Tai Chi Sword Movement**

- Ken van Sickle

## SUNDAY

10.00 - 10.45

**Tai Chi Ruler**

- Luigi Zanini

10.50 - 11.35

**Tongbei**

- Sonja Schillo

11.45 - 12.30

**Wudang 18 Step Form**

- Bob Lowey

14.00 - 14.45

**Body Mechanics**

- Nils Klug

15.00 - 15.45

**Training Tai Chi Basics**

- Ronnie Robinson

16.00 - 16.45

**Importance of Good Structure**

- Tina Faulkner

## SATURDAY

10.00 - 10.45

**Tai Chi Boxing**

- Nils Klug

10.50 - 11.35

**Explosive Force**

- Gianfranco Pace

11.45 - 12.30

**Bagua Single Palm Change**

- Luigi Zanini

14.00 - 14.45

**Push Hands**

- Sonja Schillo

15.00 - 15.45

**Push Hands & Meditation**

- Ronnie Robinson

16.00 - 16.45

**Weapons Applications**

- Gary Wragg

## SUNDAY

10.00 - 10.45

**Tai Chi Boxing**

- Nils Klug

10.50 - 11.35

**Tai Chi Sword Movement**

- Ken van Sickle

11.45 - 12.30

**Tai Chi Fight Training**

- Gianfranco Pace

14.00 - 14.45

**Weapons Applications**

- Gary Wragg

15.00 - 15.45

**Tai Chi Sword Movement**

- Ken van Sickle

16.00 - 16.45

**Tai Chi Sticking Swords**

- Gianfranco Pace

## 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 13th evening and departing on the morning of Friday 20th July, your stay will include all meals, accommodation and tuition for the full event. **£515.00**

### B: Monday - Friday

Arriving on the evening of Sunday 15th and working from Monday 16th - Thursday 19th, your stay will include all meals, accommodation and tuition. **£325.00**

### C: Friday - Sunday

Arriving on Friday 13th evening for the weekend workshops and leaving on Sunday 15th, after dinner, including all meals, accommodation and tuition for the weekend event. **£215**

### D: Friday - Monday

Arriving on Friday 13th evening for the weekend workshops and leaving on Monday 16th, after breakfast, including all meals, accommodation and tuition for the weekend event. **£245**

### 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 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 send to the address below.

### Overseas Visitors

Those attending from overseas are eligible for a 10% discount towards travel costs if they book prior to March 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.taichicaldonia.com/booking.html](http://www.taichicaldonia.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



A1

### Principles of Taijiquan - Jan Silberstorff

An intensive class leading to a deeper understanding of Taiji principles, providing a theoretical, physical & mental experience of the terms of Wuji, Taiji, Dao, De and the 13 practical push hands aspects of the one Taiji principle in Taijiquan. Reeling Silk will be used as much as concepts and writings directly from the classical texts and Laozi's Daojing. Sitting and standing meditation, Reeling Silk, form and push hands.

**For keen beginners and experienced practitioners.**



A2

### The Essentials of Tai Chi Swordmanship - Ken van Sickle

Irrespective of your tai chi style Ken's workshops offer a deeper insight to the handling and usage of the tai chi sword. With over 50 years of tai chi experience Ken's great passion is the sword and, in particular, how it enables the practitioner to extend both spirit and intention, in a free-flowing manner. The sword effectively trains the body and mind in tai chi principles and, by applying a spirit of mindful playfulness, it increases awareness and adaptability. **Accessible to all.**



A3

### Managing Stress with Qigong - Tina Faulkner

Using two routines for stress management: Daoyin Yangsheng Gong Medical QiGong 'Stress Relief' routine is a series of dynamic movements designed to relieve the symptoms of the 'fight or flight response' that can lead to either acute or chronic stress in the body. The 'Stress Prevention' routine is a more gentle but still very physical series of movements designed to deal with our perception of stress and how we cope with the onset of stress in our day-to-day lives. **Accessible to all.**



A4

### Dragon Baguazhang - Luigi Zanini

Dragon is not only the animal of the Year, but also the main animal spirit in Baguazhang. By working with this primordial, instinctive consciousness, which includes apparently chaotic, random body movements, it will allow the practitioner from every internal system to finally understand and feel the subtleties of Baguazhang. We will train on three levels:  
- legs for walking and kicking  
- torso for waving and disappearing  
- arms for deflecting and hitting  
**Accessible to all.**

## Each instructor will teach 2 mornings and 2 afternoons. Choose one topic from choice A and one from choice B



B1

### Qigong - Roger Jahkne

The ancient Chinese arts of Qi cultivation will transform and empower you. Let Dr. Roger Jahkne, author of The Healer Within and The Healing Promise of Qi be your guide to this exciting way of living. Over the course of these 10 hours we will cover three key aspects of Qigong: Medical Qigong, looking at the healing module, Golden Elixir, dealing with the Dao of 9 phases of Qi cultivation and the Secret of the Golden Flower, Circling the Light. **Accessible to all.**



B2

### Taijiquan as an Effective Martial Art - Gianfranco Pace

For a number of years Gianfranco has been preparing a technical program training students in effective self-defence and fighting sports. These sessions will develop a number of themes including: Spiral and explosive force (fajing) push hands and fight training with conditioning exercises, sensitivity, fluidity and highly practical applications.

**For those with a serious interest in developing realistically effective tai chi fighting skills.**



B3

### Two-Person San Shou - Gary Wragg

By working with this two-person san shou routine, we will be progressing from simple to more advanced training of the integrated principles and mechanics of tai chi chuan, with applications, involving Five Elements, sticking, power generation of the Eight Elements and push hands essentials. I am particularly interested in developing depth and quality of practice as the main priority over the week. **Accessible to all.**



B4

### Sha Shi Taijiquan Yi Lui - Sonja Schillo

A short Taiji form (5 mins.) created by Sha Guozheng following a lifetime's experience practising and teaching wushu. The form contains elements of Taiji, Bagua, Xingyi and Tongbei and performing the short, and easily accessible routine creates a positive, healthy feeling in the body & mind. Sha Taiji also provides a very good opportunity to become familiar with the martial aspects of these arts, originating in Wudang Shan and to discover how they complement each other. **Accessible to all.**

## - Booking Form -

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

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

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

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

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

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

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

### Period Attending

A: Full Week **£515**  B: Mon. - Friday **£325**

C: Fri. - Sunday **£215**  D: Fri. - Monday **£245**

E: Day Visitor **£70**

### 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.

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

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

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

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