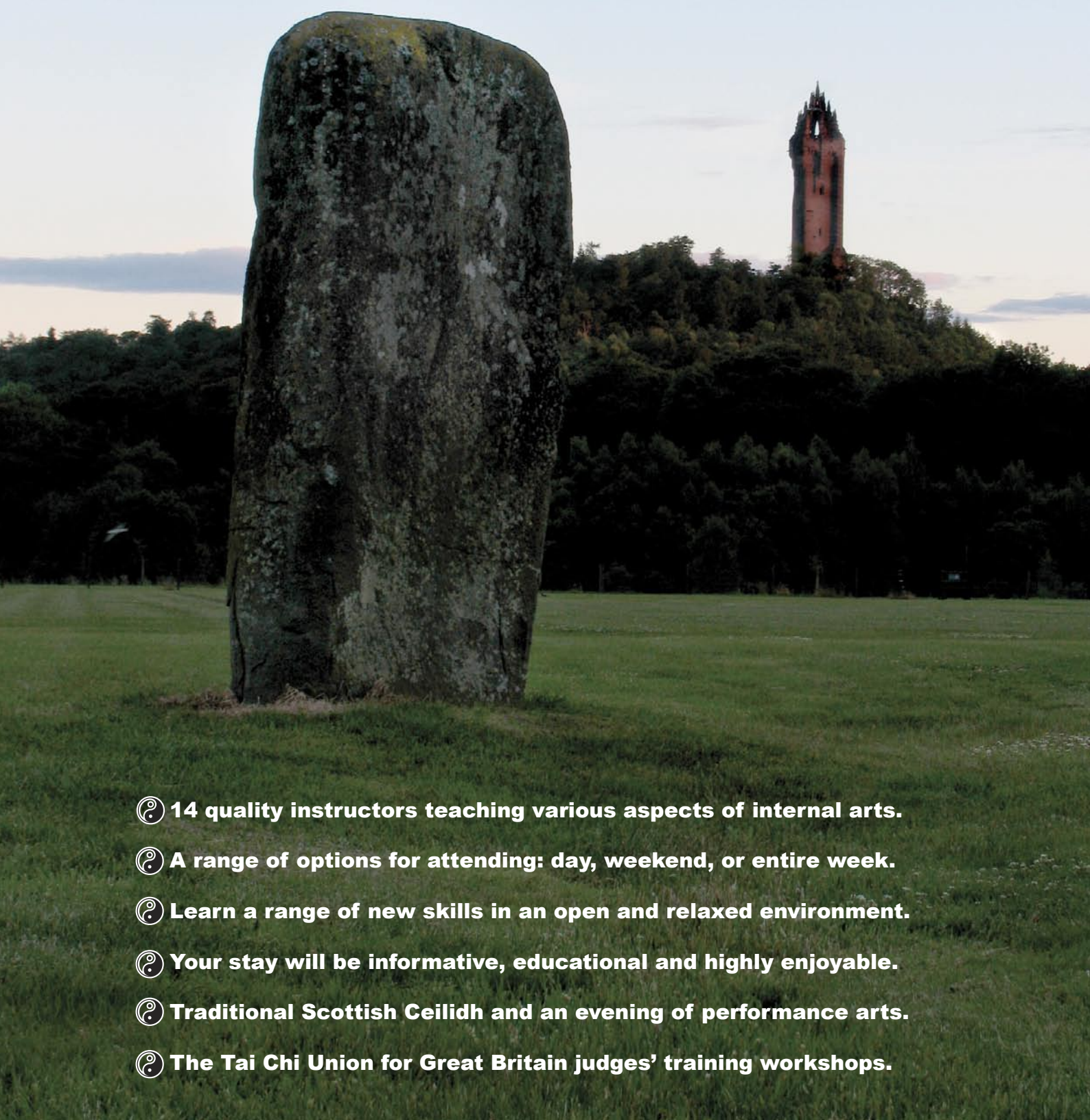




# TAI CHI CALEDONIA

- Friday 9 to Friday 16 June 2006 -

- A week of Tai Chi & Internal Arts in the Heart of Scotland -

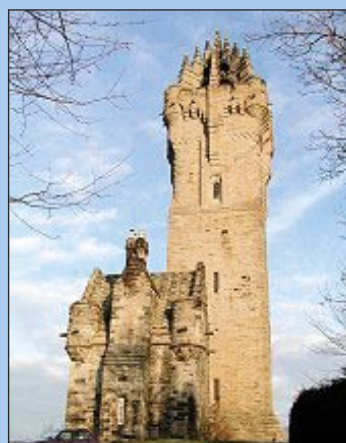


- ☯ **14 quality instructors teaching various aspects of internal arts.**
- ☯ **A range of options for attending: day, weekend, or entire week.**
- ☯ **Learn a range of new skills in an open and relaxed environment.**
- ☯ **Your stay will be informative, educational and highly enjoyable.**
- ☯ **Traditional Scottish Ceilidh and an evening of performance arts.**
- ☯ **The Tai Chi Union for Great Britain judges' training workshops.**

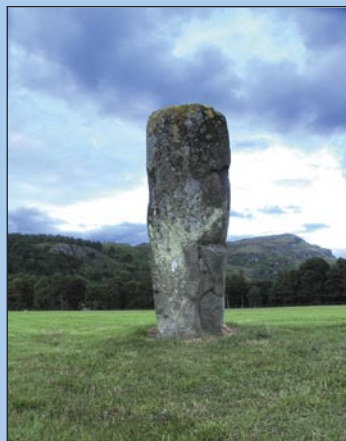
# Where we are



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 11th event is also our 9th 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 1 hour 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.

The Tai Chi Union for Great Britain will also be running an Internal Arts judging seminar.

## 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. Anyone who has not experienced a Traditional Scottish Ceilidh should come prepared for a rousing time. Our open night welcomes all performers.

# Who the teachers are



**DR LUCE CONDAMINE** is a paediatrician, a sports doctor, and tai chi teacher who has successfully competed in French and European internal arts competitions. She is the author of a taiji book specially designed for teaching children called, 'Tai Pour Enfants' which is available in English and French.



**RICHARD ODELL** has studied Tai Chi for 14 years with Katherine Allen, Dan Docherty and Fan with Cornelia Gruber. He has competed for 11 years winning gold medals at British Open, Europeans and 6th Grand World Wushu Festival, Shanghai. Gained medals for Hand, Sabre, Sword and Spear and Sparring in Malaysia.



**DAN DOCHERTY** has studied tai chi chuan since 1971 with Master Cheng Tin Hung. In 1980 he was the south-east open-weight champion. Dan is a founder member of both the Tai Chi Union for Great Britain and the Taijiquan & Qigong Federation for Europe where he serves as President.



**MARIANNE PLOUVIER** has studied Yang Style Taiji since 1990 with Antoine Ly and has won a number of medals at various competitions in France, Europe and Taiwan. She is President of Association des Arts Martiaux de Yang Taiji de France, General Secretary of FTCCG and a regular judge at European competitions.



**ROGER JAHNKE OMD** studied Chinese Medicine for over 25 years, has traveled 8 times to research China's Qi cultivation. He is a founder of the National Qigong Association - USA, Director of the Institute of Integral Qigong and Tai Chi and author of two acclaimed books on Qigong and Tai Chi, "The Healer Within" & "The Healing Promise of Qi". (Full bio on our website)



**RONNIE ROBINSON** studied taijiquan since 1981 and is a full-time professional instructor. He is an active promoter of internal arts who serves as Secretary of the Taijiquan & Qigong Federation. Ronnie is editor of Tai Chi Chuan & Internal Arts magazine (UK) and Editor-in-Chief of the European Internal Arts Journal.



**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.



**LAURA STONE** has studied T'ai Chi Ch'uan for over 30 years as practitioner, teacher and organizer. She works on all aspects including diverse forms (slow and fast, with and without weapons) and partner practices (push/sensing hands, form applications and T'ai Chi boxing). Laura trained with William CC Chen since 1986, and studies Zen Meditation & Body-Centred Psychotherapy.



**LUIS MOLERA** Studied Tai Chi Chuan since 1980 and has taught since 1984. He studied with Master William CC Chen and travelled to Taiwan to learning with masters like Chen Shiu-Yao (Rosa Chen), Chen Zhi Dan and Jeang Shen Chih. He won many tournaments in pushing hands, tai chi form, sword, sabre and fan in Europe and Taiwan.



**MARNIX WELLS** studied Chinese Internal Arts since 1968 and has travelled widely learning Bagua, Taiji & Xingyi training with Zhang Yizhong, Gan Xiaozhou, Wang Shujin and Hong Yimian. He recently produced, 'Scholar Boxer: Chang Naizhou Theory of Internal Martial Arts and the Evolution of Taijiquan.'



**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.



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



**HELMUT OBERLACK** has studied taiji since 1981 and has spent over 17 years teaching in private classes, universities and sports clubs. He is the publisher of the German Taijiquan and Qigong Journal and co-editor of the European Internal Arts Journal.



**FAYE LI YIP** began martial art training in Shaolin and Wushu at the age of 11, under her father Professor Li Deyin. She has won many medals in Taiji at University Wushu Competitions in China. Faye is the founder of Deyin Taijiquan Institute (UK) based Wolverhampton, specialising in the teaching of Yang and Sun style Taiji routines.



## The Tai Chi Union for Great Britain



Tai Chi Caledonia is delighted to play host to the Tai Chi Union for Great Britain's Judges' Training workshops.

The aim of these seminars is to increase the awareness of the differing aspects of the various styles, and to further education on what it is that makes good practice. Participants will gain a deeper understanding of both competing and evaluating good performance.



Those who are interested in developing the necessary skills for judging at national and international tai chi and internal arts competitions will be able to attend further seminars to acquire the necessary qualifications.



The programme will run in tandem with Tai Chi Caledonia's weekend programme allowing all participants the opportunity to following the judges' training workshops.



For updated information on the range of seminars, timing, costings etc. please visit [www.taichiunion.com](http://www.taichiunion.com) and/or [www.taichicaledonia.com](http://www.taichicaledonia.com)

# Weekend programme

## - SATURDAY -

**10.00 - 10.45**

Bob Lowey  
*Medical Qigong*

**10.50 - 11.35**

Roger Jahnke  
*9 Essential Phases of Qi  
Cultivation & Mastery*

**11.45 - 12.30**

Marianne Plouvier  
*8 Pieces Brocade*

**14.00 - 14.45**

Dr Luce Condamine  
*Taiji, Qigong & Health*

**15.00 - 15.45**

Helmut Oberlack  
*Taiji Qigong*

**16.00 - 16.45**

Faye Yip  
*Peng Qi Guan Ding*

**10.00 - 10.45**

Richard Odell  
*Sword Applications*

**10.50 - 11.35**

Faye Yip  
*Fan Form*

**11.45 - 12.30**

Helmut Oberlack  
*Taiji Bailong Ball*

**14.00 - 14.45**

Sue Woodd  
*The Daoyin of the Dragon*

**15.00 - 15.45**

Richard Odell  
*Sword Applications*

**16.00 - 16.45**

Marnix Wells  
*Bagua: Yin-Yang Stepping and  
Circling*

**10.00 - 10.45**

Luis Molera  
*Tui Shou Warm-ups*

**10.50 - 11.35**

Laura Stone  
*Harmonious Push-Hands*

**11.45 - 12.30**

Bob Lowey  
*Tui Shou Meets Applications*

**14.00 - 14.45**

Ronnie Robinson  
*Push Hands: Yielding, Large  
and Small*

**15.00 - 15.45**

Dan Docherty  
*Competitive Taiji:  
Training & Coaching*

**16.00 - 16.45**

Mario Napoli  
*Developing Tui Shou  
strength*

## - SUNDAY -

**10.00 - 10.45**

Marianne Plouvier  
*8 Pieces Brocade*

**10.50 - 11.35**

Roger Jahnke  
*Medical/Rehabilitative  
Qigong*

**11.45 - 12.30**

Sue Woodd  
*The Daoyin of the Dragon*

**14.00 - 14.45**

Faye Yip  
*Peng Qi Guan Ding*

**15.00 - 15.45**

Dr Luce Condamine  
*Versatility of Taiji & Qigong  
A Guide to Teaching in  
Different Environments*

**10.00 - 10.45**

Richard Odell  
*Sword Applications*

**10.50 - 11.35**

Bob Lowey  
*Introduction to Wudang Taiji*

**11.45 - 12.30**

Helmut Oberlack  
*Taiji Bailong Ball*

**14.00 - 14.45**

Laura Stone  
*Tai Chi Applications*

**15.00 - 15.45**

Ronnie Robinson  
*Push Hands: Yielding, Large  
and Small*

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strength*

**15.00 - 15.45**

Dan Docherty  
*Competitive Taiji:  
Training & Coaching*

*The weekend programme is correct at the time of going to print,  
however we may change or add more choices. Please regularly check our website for changes.*

# What's on Mon - Thurs.

## - MORNING WORKSHOPS -

### **Qigong, Cultivating the Golden Elixir Within - Roger Jahnke**

No matter who you are or what your personal goals, regardless of your age, medical condition or educational background - nature's spontaneous healing energy is within and around you. These workshops will offer an in-depth look at qi cultivation, using a number of techniques coupled with theoretic work, students will be taught how to maximise their own energy flow.

### **Harmonious Push Hands Play - Laura Stone**

Exploring edges and contact; creating space; refining gentle contact; moving alone and together in harmony. Playing with uprooting through gentle contact. Experiencing the power of grounded, balanced structure while staying in harmony with your partner. Exploring "pressureless" execution of techniques. Playing with neutralizing. Staying in contact, creating space, fine-tuning awareness of self and partner, refining our ability to listen, stick and follow. Manifesting seamless, effortless push hands interplay.

### **8 Brocade - Marianne Plouvier**

The 'General Yue Fei Eight Pieces of Brocade' came from Yue Fei, a high ranking military chief (Song dynasty 1103 -1141). Legend claims he developed this practice to strengthen his officers against the bad environmental conditions of the northern Chinese border when defending against the Jin's invasion. This famous Qigong system is composed of 8 movements which contrast with the currently popular Dao Yin Qigong.

### **Sun Style Taijiquan - Faye Li Yip**

This short form is a compact version of the traditional Sun form. The aim is that through the practice this short form delegates will understand Sun style characteristics in postures, its principles and some background history. Following on from last year's introduction students will be able to develop a deeper sense of the work, although beginners are also welcome.

## - AFTERNOON WORKSHOPS -

### **Push Hands Technique - Mario Napoli**

How to improve your ability in push hands and how to develop the core strength in tai chi, something that many seem to be missing. Helping to dispell confusion in Chinese tai chi jargon to get a deeper understanding of what inner strength really means.

### **Tai Chi Fan: Form & Applications - Luis Molera**

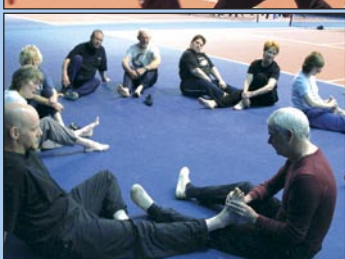
We will learn a short part of a tai chi/kung fu "Cloud Fan Form" explaining the meaning of each movement with a partner, practicing applications. We will take some other movements from other forms like "Iron Fan Form" and "short 32 fan form" to train fan applications.

### **Wudang Sword Form - Richard Odell**

Sword Form - Progressing through Wudang sword form we will look at techniques and some applications on the way. Suitable for those who have completed a Tai Chi hand form if willing to practise weapon applications.

### **A Study of Yin/Yang and the 5 Elements - Sue Woodd**

A great opportunity learn about the energy system of the body including Meridians (energy pathways), pressure points, face and body reading to determine our strengths/challenges and explore how these elements govern our health and how we think, feel, move and behave. Each day we will examine different elements which over the 4 days will give you Chi kung exercises to nourish each organ, stretches for specific meridians, meditations/mind exercises, martial applications and forms of movement to enhance and deepen all areas of your practice.



## - BOOKING OPTIONS -

In order to allow as many people 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 9 - Friday 16 June 2006**

Arriving on Friday evening and leaving the following Friday morning, June 16. The cost is £425 and includes tuition, accommodation and all meals, breakfast, lunch and dinner. Accommodation consists of a private room in a chalet building of six rooms which includes showers, kitchen and lounge area. Breakfast consists of cereal, bread, preserves and tea or coffee.

### **B Monday 12 - Friday 16 June 2006**

Arriving on Sunday evening, after dinner and working from Monday 12 - Thursday 15 (leaving Friday morning). The cost is £299 and consists of tuition, meals and accommodation as above.

### **C Friday 9 - Sunday 11 June 2006**

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 9 - Monday 12 June 2006**

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 £65 per day including lunch and dinner.

### **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 9/16\_\_\_ B. Mon/Fri 12/16 \_\_\_ C. Fri/Sun 9/11\_\_\_ D Fri/Mon 9/12\_\_\_ E. Day(s)\_\_\_

Special Diet? \_\_\_\_\_ Smoker? \_\_\_\_\_ Quiet Room? \_\_\_\_\_

## CHOICE OF WORKSHOPS FOR PERIOD MONDAY - THURSDAY

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

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

Deposit Enclosed: \_\_\_\_\_ Method of Payment: \_\_\_\_\_ Balance Due: \_\_\_\_\_

### **- FOREIGN VISITORS ONLY - SPECIAL NOTE -**

**In order to ease money exchange we accept major credit cards, Visa, & Mastercard.**

Credit Card No: \_\_\_\_\_ Date of Expiry: \_\_\_\_\_

Type of Card: \_\_\_\_\_ Name on Card: \_\_\_\_\_

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

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

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

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

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

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

### **EARLY BOOKING DISCOUNTS** **FOR THOSE ATTENDING THE FULL WEEK ONLY**

10% discount for bookings made prior to March 1 2006 and full balance paid by May 1 2006.

5% discount for bookings made prior to April 1 2006 and full balance paid by May 1 2006.

*These terms do not apply to any other offer.*

### **CANCELLATIONS**

Cancellations made before April 1 receive 80% refund.

Cancellations made before May 1 receive 50% refund.

Cancellations made after May 1 receive no refund.

**Late Bookings:** Any booking after May 1 incurs a 5% surcharge.

### **TAI CHI CALEDONIA BOOKING OFFICE**

18 Branziert Road North, Killearn, Stirlingshire G63 9RF Scotland UK

Tel: 0141 810 3482 Web: [www.taichicalledonia.com](http://www.taichicalledonia.com) Email: [bookings@taichicalledonia.com](mailto:bookings@taichicalledonia.com)

**Visit our online shop at [www.taichicalledonia.com](http://www.taichicalledonia.com)**