



# TAI CHI CALEDONIA

2005

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



**Special 10th Anniversary Celebration**

## **Friday 10 - 17 June 2005**

On this, our 10th event we plan to celebrate in style. Aside from our regular high-quality programme of workshops, seminars and discussions we intend to stage a number of unique events to make this a Caledonia to remember above all others.

We look to welcoming old friends and new and, if you've never been part of Tai Chi Caledonia before, we urge you to take advantage of this year's special programme and join us, whether you are an absolute beginner or a dedicated practitioner, we guarantee there will be something to inspire and delight you.

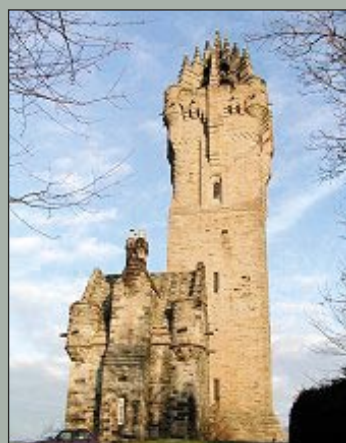
Set in the heart of Scotland's famous 'Braveheart' country at Stirling University Campus we offer single and double-occupancy rooms in 5 - 6 room chalet buildings where you have space to either retreat or socialise with like-minded people.

The pages of this programme will introduce you to many of the events that are planned for our 10th anniversary and we also recommend that you regularly visit our website for up to date information.  
[www.taichicaldonia.com](http://www.taichicaldonia.com)

# 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 the historic 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 10th event is also our 8th 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 the apartment block.

*Please note, due to another booking we are situated in two locations for the chalets. Priority for Spittal Campus will be given to first bookings.*



## 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.

## Entertainment

As this is our 10th TC Caledonia we are planning many special events to celebrate in style. There will be a special appearance by Scotland's authentic battle re-enactment warriors - the Clann. We are planning a special gala evening, traditional music and dancing, poetry, song and celebration. Be prepared to let your hair down, dance, sing & be merry!



# Who the teachers are



**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. He has written articles and books and teaches throughout Europe.



**ANNIE ROBERTS** has practiced Qigong Healing since 1995. She volunteered for 7 years at a hospice providing energy-body healing to patients. In 1999 she studied Qigong at three major hospitals in Beijing. Annie began her medical career as a Doctor of Optometry. She is a Professional member of the National Qigong Association USA.



**WANG HAIJUN** has studied Chen style Taijiquan with Chen Zhenglei at Chen Village in China since he was 9 years old. He has won numerous gold medals at major taiji tournaments in China before retiring from competitions. Wang acted as Head Coach at Zhengzhou Wushu training institute in China and has established a following of students throughout the world.



**RONNIE ROBINSON** has 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 Tai Chi Union for Great Britain and 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 opened his first tai chi school in 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.



**ENZO SIMEONI** 25 years experience in Internal Martial Arts. His initiation to the martial arts began with Tai Chi Chuan and Chi Kung under the following Masters Chang Dzu Yao and Franco Mescola. He is currently Technical Director of The Tai Chi Research Center and main collaborator for Master Franco Mescola.



**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.



**NIGEL SUTTON** has been practising oriental arts for over 30 years. He studied baguazhang intensively with Gao Ziyang, Gao Jiwu, Kang Gewu, Bai Wenxiang and Zhao Weidong. He is a disciple in the Cheng Man Ching lineage under Tan Chin Ngee, Lee Bian Lei, Lam Kim Hong & Ho Ah San. Nigel was also a founder member of TCUGB and now lives and works in Malaysia.



**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. Mario is a regular teacher on the European internal arts circuit.



**KEN VAN SICKLE** I began to study with Cheng Man Ch'ing in 1967, attending classes three or four days a week. In 1972 Prof. Cheng gave special classes to students he chose to be certified as teachers, we underwent intensive training in solo form and sword form, and fencing, I continued to study with him until his death in 1975.



**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.



**FAYE LI YIP** began martial art training in Shaolin and Wushu at the age of 11, under her father Professor Li Deyin. At 17 she began training in Yang and Sun Taijiquan. She has won many medals in Taiji at University Wushu Competitions in China. Faye is the founder of Deyin Taijiquan Institute (UK) based in the Wolverhampton area of England, specialising in the teaching of Yang and Sun style Taiji routines.

**Special Event**

*Tai Chi Caledonia proudly presents*

# *the clann*



*Scottish authentic sword & combat group*

Sunday 12th June 16.00

meanwhile visit their website at [www.the-clann.co.uk](http://www.the-clann.co.uk)

# Weekend programme

## - SATURDAY -

**10.00 - 10.45**

Faye Li Yip  
*Ba Duan Jin – 8 Treasures*

**10.00 - 10.45**

Ken Van Sickle  
*Sword Applications*

**10.00 - 10.45**

Cornelia Gruber  
*Basic Fan Techniques*

**10.50 - 11.35**

Marianne Plouvier  
*Catching the Bird's Tail*

**10.50 - 11.35**

Jill Heath  
*2 Person Fan Work*

**10.50 - 11.35**

Bob Lowey  
*Taijiquan: Applications*

**11.45 - 12.30**

Annie Roberts  
*Centring & Healing Qigong*

**11.45 - 12.30**

Anya Meot  
*Tui Shou & Applications*

**11.45 - 12.30**

Franco Mescola  
*Fa Jing*

**14.00 - 14.45**

Dee Swift  
*Crane Qigong*

**14.00 - 14.45**

Mario Napoli  
*Developing Tui Shou strength*

**14.00 - 14.45**

Wang Haijun  
*Silk Reeling Exercises*

**15.00 - 15.45**

Helmut Oberlack  
*Taiji Qigong*

**15.00 - 15.45**

Ronnie Robinson  
*Stability & Intent in Tui Shou*

**15.00 - 15.45**

Dan Docherty  
*Inner Form Techniques*

**16.00 - 16.45**

Jill Heath  
*Rehabilitative Qigong Postures*

**16.00 - 16.45**

Marnix Wells  
*Twining Hands & San Shou*

**16.00 - 16.45**

Nigel Sutton  
*Five Animals of CMC Taiji*

## - SUNDAY -

**10.00 - 10.45**

Faye Li Yip  
*Ba Duan Jin – 8 Treasures*

**10.00 - 10.45**

Ken Van Sickle  
*Sword Applications*

**10.00 - 10.45**

Franco Mescola  
*Fa Jing*

**10.50 - 11.35**

John Bolwell  
*Heaven & Earth Qigong*

**10.50 - 11.35**

Bob Lowey  
*Taijiquan: Applications*

**10.50 - 11.35**

Dee Swift  
*Short Stick Techniques*

**11.45 - 12.30**

Annie Roberts  
*Centring & Healing Qigong*

**11.45 - 12.30**

Anya Meot  
*Tui Shou & Applications*

**11.45 - 12.30**

Cornelia Gruber  
*Basic Fan Techniques*

**14.00 - 14.45**

Nigel Sutton  
*Basics of CMC Taijiquan*

**14.00 - 14.45**

Mario Napoli  
*Developing Tui Shou strength*

**14.00 - 14.45**

Wang Haijun  
*Silk Reeling Exercises*

**15.00 - 15.45**

Jill Heath  
*Rehabilitative Qigong Postures*

**15.00 - 15.45**

Marnix Wells  
*Twining Hands & San Shou*

**15.00 - 15.45**

Dan Docherty  
*Inner Form Techniques*

## - 16.00 The Clann -

*The weekend programme is correct at the time of going to print, however we anticipate that this year we will add more choices as more of our 'guest' instructors come on board. Please regularly check our website for changes.*



# What's on Mon - Thurs.

## - MORNING WORKSHOPS -

### **Tai Chi Sword - Ken Van Sickle**

These sessions offer the sword student the basics of Cheng Man Ching's sword form and fencing method to understand its relationship to the Tai Chi Classics. We'll work with: Sword dynamic's edge, circulation, principles and rules, martial applications, fencing techniques etc.

### **Qigong - Franco Mescola**

A "Coiling Set" qigong system which Franco calls 'Spirale Nosema' works with twisting and stretching, massaging fascia to produce and correct the energy/Chi. We will also focus on the development of Chi Kung for health and martial arts use.

### **Cheng Man Ching Form & Applications - Nigel Sutton**

The lessons of form for pushing hands and application. Specifically based on the practice of Zhengzi taijiquan. Key principles and movements taken from the form will be used in application and in pushing hands thus casting light not only on how the form should be practised but why.

### **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.

## - 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.

### **Chen Style Taijiquan - Wang Haijun**

Working on this 18 Movement form which was created by Chen Zhenglei from the old 1st form (Laojia Yilu). It is short, easy to learn, and is a good health maintenance form with silk-reeling spiralling movement at its core.

### **Qigong Healing - Annie Roberts**

Qigong Healing is based on the dual emphasis of personal practice and clinical treatment. Come relax, center yourself, and learn a simple (but powerful) internal practice form. Then translate that same form into a qigong treatment on someone else and experience the form as a treatment on yourself. Everyone can do this. A different form will be taught each day so come by anytime.

### **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.



## - 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 10 - Friday 17 June 2005**

Arriving on Friday evening and leaving the following Friday morning, June 17. The cost is £399 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 13 - Friday 17 June 2005**

Arriving on Sunday evening, after dinner and working from Monday 13 - Thursday 16 (leaving Friday morning). The cost is £299 and consists of tuition, meals and accommodation as above.

### **C Friday 10 - Sunday 12**

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 10 - Monday 13**

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 £60 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 10 /17 \_\_\_ B. Mon/Fri 13 /17 \_\_\_ C. Fri/Sun 10/12 \_\_\_ D Fri/Mon 10/13 \_\_\_ 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**

10% discount for bookings made prior to March 1 2005 and full balance paid by May 1 2005.

5% discount for bookings made prior to April 1 2005 and full balance paid by May 1 2005.

*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 20 receive no refund.

## **SEND ALL BOOKINGS AND PAYMENTS TO:**

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

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

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