



# **TAI CHI CALEDONIA**

## **15 - 22 June 2007**



**- 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 12th event is also our 10th 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.taichicalledonia.com](http://www.taichicalledonia.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. 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



**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.



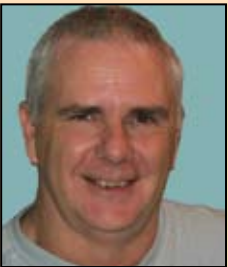
**WANG HAIJUN** studied Chen Style Taijiquan at Chen Villiage, Chenjiagou, from the age of 9. He has won a number of gold medals at major Taiji tournaments in China and is now living in Manchester, UK and teaching in the UK, Ireland, USA and beyond.



**DAMARIS JARBOUX** is an recognized innovator in the field of Chi Kung, and has developed many programs for self, family care and Clinical Treatment. She has trained in Energy Medicine for 26 years in the US, China & Europe, and has led trips to China to train in Qigong Hospitals. She is a Founding Board Member of the National Qigong (Chi Kung) Association, USA.



**HENK JANSSEN** studied Tai Chi since 1976 and has taught since 1985. He practices Cheng Man-Ch'ing and his most influential teachers were: Y.T. Phoa, Rob and Erich Völke and Daniel Smit. Henk is a passionate push-hands player who has successfully competed in national & international events. He is a dedicated swordplayer and musician



**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.



**JAMES MACRITCHIE** has practised the Taoist Arts of Acupuncture and Chi Kung for almost 30 years. Originally from Liverpool, England, he now lives in Colorado, USA, and co-directs The Chi Kung School at The Body-Energy Center. He has written three books on Chi Kung and is the Founder of the National Qigong (Chi Kung) Association USA, and Founding President of The Acupuncture Association of Colorado.



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



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



**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.



**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 who serves as Secretary of the Taijiquan & Qigong Federation and is editor of Tai Chi Chuan & Internal Arts magazine (UK).



**ELKE SHURGER** a native of Germany was born in 1942 and as studied taijiquan and qigong since 1989. Her main interest is the healing aspect of qigong, especially Duft Qigong, a system which she has studied in Berlin and regularly applies in her school as a practical healing tool.



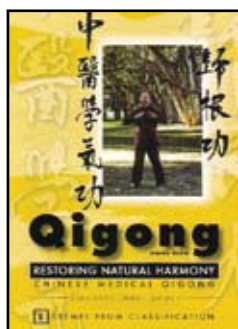
**VICTORIA WINDHOLTZ** was born in Spain in 1971 and started studying martial arts intensively from the age of 10. She has been a member of the French National Wushu Team for years, as a Tai chi specialist. European champion and internationally renowned expert on Chen style Tai chi, she teaches in France and internationally.



# Advertisement

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# Weekend programme

## - SATURDAY -

**10.00 - 10.45**

Wang Haijun  
*Silk Reeling Exercises*

**10.50 - 11.35**

Wang Ning  
*Yang Lineage Principles  
& Practice*

**11.45 - 12.30**

Victoria Windholtz  
*Zhan Zhuang*

**14.00 - 14.45**

Bob Lowey  
*Into to Wudang Tai Chi*

**15.00 - 15.45**

Richard Odell  
*Hand Form Applications*

**16.00 - 16.45**

Ronnie Robinson  
*Taiji: Structure & Stability*

**10.00 - 10.45**

Richard Odell  
*Sword Applications*

**10.50 - 11.35**

Henk Janssen  
*Sinking & Following  
in Tui Shou*

**11.45 - 12.30**

Luis Molera  
*Practical Taiji Applications*

**14.00 - 14.45**

Dan Docherty  
*Chin Na Applications*

**15.00 - 15.45**

Henk Jansson  
*Connecting in Tui Shou*

**16.00 - 16.45**

Luis Molera  
*San Shou as Combat*

**10.00 - 10.45**

Elke Shurger  
*Duft Qigong*

**10.50 - 11.35**

Damaris Jarboux  
*Chi Kung Healing  
- Self Practice*

**11.45 - 12.30**

Ronnie Robinson  
*Taiji Qigong*

**14.00 - 14.45**

James MacRitchie  
*Chi/USA A Cultural  
Perspective*

**15.00 - 15.45**

Elke Shurger  
*Duft Qigong*

**16.00 - 16.45**

Damaris Jarboux  
*Chi Kung Healing*

## - SUNDAY -

**10.00 - 10.45**

Victoria Windholtz  
*Zhan Zhuang*

**10.50 - 11.35**

Henk Janssen  
*Tai Chi Ta Lu*

**11.45 - 12.30**

Wang Haijun  
*Silk Reeling Exercises*

**14.00 - 14.45**

Wang Ning  
*Yang Lineage Principles  
& Practice*

**15.00 - 15.45**

Luis Molera  
*Intro to Fan Form*

**10.00 - 10.45**

Dan Docherty  
*Chin Na Applications*

**10.50 - 11.35**

Luis Molera  
*Practical Taiji Applications*

**11.45 - 12.30**

Ronnie Robinson  
*Focus & Intent in Tui Shou*

**14.00 - 14.45**

Richard Odell  
*Sword Applications*

**15.00 - 15.45**

Victoria Windholtz  
*Intro to Fa Jing*

**10.00 - 10.45**

Ronnie Robinson  
*Taiji Qigong*

**10.50 - 11.35**

Damaris Jarboux  
*Chi Kung Healing*

**11.45 - 12.30**

Elke Shurger  
*Duft Qigong*

**14.00 - 14.45**

Bob Lowey  
*Medical Qigong*

**15.00 - 15.45**

James MacRitchie  
*Chi/USA A Cultural  
Perspective*

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

**Please regularly check website [www.taichicaledonia.com](http://www.taichicaledonia.com) for updates.**

# What's on Mon - Thurs.

## - MORNING WORKSHOPS -

### **Inner Alchemy of the 8 Extraordinary Meridians - James MacRitchie**

The Eight Extra Meridians are the sub-structure of the whole energy system, thought to originate at conception. They comprise the basic energy anatomy and physiology of all forms of Chi Kung/Qigong, Taoist Inner Alchemy and practices to cultivate the Spirit and Soul. A progressive training in how to open and activate the primary channels, and use the Master and Coupled points to open and turn them on.

### **Weapon Applications - Richard Odell**

During these workshops we'll work on a variety of techniques to increase your awareness and understanding of the purpose and application of various weapons including sword, sabre & spear. Weapon work helps to improve flexibility, stamina and focus.

### **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),**

### **Sensing Hands Techniques - Henk Janssen.**

Warming up exercises. Connection to your centre. Alignment in your body. Being present. Making contact. Connection to the center of your partner. Working together. Moving in harmony. Sticking and following. Feeling and influencing the center and balance of your partner. Solo and partner exercises which focus on the ability to connect to the centre of your opponent and how to influence his or her structure and balance (uprooting) while opening and closing.

## - AFTERNOON WORKSHOPS -

### **Chen Style 18 Movement Form Taijiquan - Wang Haijun**

The 18 Movement Form was created by Master Chen Zhenglei from the old First Form (Laojia Yilu). It is short, easy to learn, and is a good health maintenance form with Silk-Reeling movements at its core.

### **CHI KUNG HEALING - Damaris Jarboux**

CHI KUNG HEALING (CKH) relates to two distinct areas: 'Clinical Chi Kung/Qigong', which is treatment by the healer, and 'Self-Practice', which is done by the individual and often recommended by the healer. It is the only healing modality that is both clinical treatment and personal practice. Also known as Qigong Healing, Medical Qigong, Qigong Therapy etc. CKH is a holistic, integrated, energetic approach to health and healing. It is strong in prevention as well as treatment of illness and imbalance. Chi Kung Healers have ways of assessing the actual state of the energy-body which directs the treatment process as well as the individual practices recommended.

### **Tai Chi: Form & Applications & Pushing Hands - Luis Molera**

Working with the tai chi hand form as a basis to explore the principles, practice and practicality of tai chi. Drawing on over 25 years experience which includes studying with key Cheng Man-Ching lineaged masters and successfully competing in major European competitions, these sessions will provide a deeper understanding of tai chi chuan.

### **The Canon Fist: The Fighting Techniques of Tai Chi - Victoria Windoltz**

Discover the main fighting techniques of Chen style Tai chi, with a special focus on "fa jing" (force release techniques). Workshop suitable for all levels of practice.

Fuller descriptions of workshops are available at: [www.taichicaledonia.com](http://www.taichicaledonia.com)





## - 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 15 - Friday 22 June 2007**

Arriving on Friday evening and leaving the following Friday morning, June 22nd. 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 five rooms which includes showers, kitchen and lounge area. Breakfast consists of cereal, bread, preserves and tea or coffee. **- Book early & save 10%! -**

### **B Monday 18 - Friday 22 June 2007**

Arriving on Sunday evening, after dinner and working from Monday 18 - Thursday 21 (leaving Friday morning). The cost is £299 and consists of tuition, meals and accommodation as above.

### **C Friday 15 - Sunday 17 June 2007**

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 15 - Monday 18 June 2007**

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.taichicalledonia.com/booking.html](http://www.taichicalledonia.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 15/22\_\_\_ B. Mon/Fri 18/22 \_\_\_ C. Fri/Sun 15/17\_\_\_ D Fri/Mon 15/18\_\_\_ E. Day(s)\_\_\_

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

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: \_\_\_\_\_

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

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

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

## EARLY BOOKING DISCOUNTS

### FOR THOSE ATTENDING THE FULL WEEK ONLY

10% discount for bookings made prior to March 1 2007 and full balance paid by May 1 2007.

5% discount for bookings made prior to April 1 2007 and full balance paid by May 1 2007.

*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)

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