

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

## History & Comments

Tai Chi Caledonia, now in its 16th 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 16th event is also our 14th 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 include 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 each morning and 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



**Ed Hines** started Taiji in 1983, moved to Taiwan in 1991 where I spent 3 years studying with students of Cheng Man Ching, Gao style Bagua and Hebei Xingyi with Luo Dexiu with whom I became an indoor student. Luo's system is my 'base' style. Since then I have trained and researched with different teachers, in different styles.



**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 Scottish Secretary for South Wudang Daoist Association.



**Sam Masich** is one of the most accomplished practitioners of taijiquan in the world today, Sam has trained and taught for over 30 years. He has studied with Liang Shouyu, Dr. Yang Jwing Ming, Jou Tsung Hwa and Yang Zhenduo. Sam's work has taken him to over 100 cities in Canada, USA, Mexico, England, Scotland, Germany, Spain and Italy.

## The Instructors



**Angela Menzel** Has been passionately playing wushu since the early 1990s. From Germany Angela lineage is from the Sha family, Kunming/China, is Li Bin's close student and one of five representatives of this style in Europe. I'm very interested in the various secrets of Neijia arts and how they enrich the others....



**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.



**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).

## The Instructors



**Paul Silfverstrale** has studied Asian martial arts for over 25 years and has lived, travelled, practiced and taught extensively in Europe, China and SE Asia, and spent thorough time in Malaysia and Singapore practicing with Wu-style family. He is an international tournament winner in forms, pushing hands and San Shou,



**Laura Stone** has been teaching Tai Chi for nearly 40 years, having studied with Grandmaster William C.C. Chen. Meditation, music, psychotherapy, yoga and other body-mind disciplines contribute to her unique style of teaching. From 2007 - 2009 she was on sabbatical with intensive Zen and Shambhala Buddhist practice.



**Faye Yip** Was born to a traditional Chinese Martial Arts family in Beijing and has, since the age of 7 studied Shaolin Quan, Xingyi, Bagua & Taiji under her father (Prof. Li Deyin). She has been teaching in the UK since 1990 and has produced many medal winners. She is President of the British Health Qigong Association.

## Fuller Information & Updates

Fuller biographies of these and other guest teachers from the Tai Chi Union for Great Britain, who will join us at the weekend, can be found on our website.

**This programme is correct at the time of going to print but may be subject to change.** If changes are necessary they will be posted on our website and relayed directly to those who have booked. Please regularly visit our website for updates.

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

## TAI CHI CALEDONIA



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



**Friday 8 - 15  
July 2011**

Because of space, limited information is included in this print edition of our programme, visit our website for more details & updates.

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

# full programme and booking options



## SATURDAY

**10.00 - 10.45**  
**Health Qigong**  
 - Faye Yip  
**10.50 - 11.35**  
**Taiji Qigong**  
 - Ronnie Robinson  
**11.45 - 12.30**  
**Huang's 5 Loosening Exercises**  
 - Mark Peters (TCUGB)  
**14.00 - 14.45**  
**Tai Chi Kungfu Fan**  
 - Faye Yip  
**15.00 - 15.45**  
**Medical Qigong**  
 - Bob Lowey  
**16.00 - 16.45**  
**Intergrated Movement**  
 - Laura Stone

## SUNDAY

**10.00 - 10.45**  
**Huang's 5 Loosening Exercises**  
 - Mark Peters (TCUGB)  
**10.50 - 11.35**  
**Integrated Movement**  
 - Laura Stone  
**11.45 - 12.30**  
**Health Qigong**  
 - Faye Yip  
**14.00 - 14.45**  
**Taiji: Form & Freedom**  
 - Sam Masich  
**15.00 - 15.45**  
**Medical Qigong**  
 - Bob Lowey  
**16.00 - 16.45**  
**Tai Chi Kungfu Fan**  
 - Faye Yip

## SATURDAY

**10.00 - 10.45**  
**Bagua: Squaring the Circle**  
 - Marnix Wells (TCUGB)  
**10.50 - 11.35**  
**Tongbei**  
 - Angela Menzel  
**11.45 - 12.30**  
**The Five Words of Composure**  
 - Sam Masich  
**14.00 - 14.45**  
**Fa Jing Qigong**  
 - Tony Ulatowski (TCUGB)  
**15.00 - 15.45**  
**Tai Chi Body Mechanics**  
 - Nils Klug  
**16.00 - 16.45**  
**Xingyiquan**  
 - Angela Menzel

## SUNDAY

**10.00 - 10.45**  
**Awareness & Acceptance**  
 - Ed Hines  
**10.50 - 11.35**  
**Xingyiquan**  
 - Angela Menzel  
**11.45 - 12.30**  
**Tai Chi Principles & Practice**  
 - Wang Ning  
**14.00 - 14.45**  
**Inner Structure, Outer Balance**  
 - Mario Napoli  
**15.00 - 15.45**  
**Tai Chi Body Mechanics**  
 - Nils Klug  
**16.00 - 16.45**  
**Tongbei**  
 - Angela Menzel

## SATURDAY

**10.00 - 10.45**  
**Push Hands & Boxing**  
 - Laura Stone  
**10.50 - 11.35**  
**Tai Chi Applications**  
 - Dan Docherty (TCUGB)  
**11.45 - 12.30**  
**Push Hands**  
 - Mario Napoli  
**14.00 - 14.45**  
**Push Hands**  
 - Paul Silfverstrale  
**15.00 - 15.45**  
**Distance, Angle Function**  
 - Ed Hines  
**16.00 - 16.45**  
**Taiji Jue-shou**  
 - Sam Masich

## SUNDAY

**10.00 - 10.45**  
**Moving Step Push Hands**  
 - Tony Ulatowski (TCUGB)  
**10.50 - 11.35**  
**Push Hands**  
 - Mario Napoli  
**11.45 - 12.30**  
**Uproot without Effort**  
 - Mark Peters (TCUGB)  
**14.00 - 14.45**  
**Tai Chi Applications**  
 - Dan Docherty (TCUGB)  
**15.00 - 15.45**  
**Push Hands Boxing**  
 - Laura Stone  
**16.00 - 16.45**  
**Tai Chi Applications**  
 - Paul Silfverstrale

## 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 8th evening and departing on the morning of Friday 15th July, includes all meals, accommodation and tuition for the full event. **£475**

### B: Monday - Friday

Arriving on the evening of Sunday 10th and working from Monday 11th - Thursday 14th, includes all meals, accommodation and tuition. **£315**

### C: Friday - Sunday

Arriving on Friday 8th evening for the weekend workshops and leaving on Sunday 10th, after dinner, includes all meals, accommodation and tuition for the weekend event. **£200**

### D: Friday - Monday

Arriving on Friday 8th evening for the weekend workshops and leaving on Monday 11th, after breakfast, including all meals, accommodation and tuition for the weekend event. **£230**

### E: Day Visitor

You can attend on a day only, basis, including lunch. **£60**

## 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.  
**Direct Bank Transfer**  
 Payments can also be made directly to our bank, contact us for IBAN or Swiftcode.

### Paying in Instalments

Payment can also be made by monthly instalments, contact us for more information.

### Overseas Visitors

Overseas visitors are eligible for a 10% discount towards travel if they book prior to April 1st and pay the full balance by 30th May.

### 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 at:

[www.taichicaldonia.com/booking.html](http://www.taichicaldonia.com/booking.html)

### Cancellations

Cancel before April 1 - 80% refund.  
 Cancel before May 1 - 50% refund.  
 Cancel before June 1 - 30% refund.  
 Cancel after June 20 no refund.

### Late Bookings:

We levy a surcharge for late booking  
 After May 1 incurs a 5% surcharge.  
 After June 1 incurs a 10% surcharge.  
 After June 20 a 15% surcharge.

## The Tai Chi Union for Great Britain

21st Anniversary Celebration



In honour of the TCUGB's 21st anniversary Tai Chi Caledonia are pleased to host it's AGM and special celebrations. A number of EC Members will also offer workshops.

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

## Monday - Thursday workshops running from 8.00 - 10.00 and from 14.00 - 17.00



### Integral Bagua - Ed Hines

Bagua has branched into dozens of styles and variations. In these sessions I will clearly lay out the training principles of Bagua: body development, awareness, strategy, tactics and application. You will find these principles in any style of Bagua, and in most styles of Taiji with a slightly modified expression. We will cover a lot, which means we will need to be intense in our practise, mentally, physically, solo and paired.  
**Some internal arts experience and/or a desire to train seriously recommended.**



### Health Qigong: Wu Qin Xi - Faye Yip

Created by the famous Chinese doctor, scholar-philosopher, researcher and qigong master Hua Tuo over 2000 years ago, Wu Qin Xi is one most effective Qigong systems that benefits people in the 21st century. I will be teaching the practical application of movements as well as explaining the underpinning knowledge of the mental and physical training regime.  
**Suitable for all levels, and as a valuable preparation for those who are interested in becoming a qualified Health Qigong Instructor.**



### Effective Push Hands - Mario Napoli

Due to a number of requests Mario will be focussing on an intensive programme of training for those who wish to establish an effective system of free style full-contact, push hands. We will be working on a number of principles including rooting, softness, stability and structure during these sessions.  
**Some internal arts experience and/or a desire to train seriously recommended.**



### Gentle Interaction & Interplay - Laura Stone

We will explore increasing a sense of gentleness with oneself, individually and in soft contact interaction. We will practice relaxing into our roots, whole-body breathing and harmonious interplay. We will play with creating time and space while under stress. An experience of power without aggression, strength without force and enjoyable interaction are envisioned.  
**The classes are open to all styles and levels of practice.**

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



### Sha Shi Taijiquan Yi Lu - Angela Menzel

A short Taiji form (5 mins.) created by Sha Guozheng which contains experiences collected during a lifelong study, practise and teaching wushu. Elements of Taiji, Bagua, Xingyi and Tongbei can be found within the form which creates a positive, healthy feeling in the body & mind. Sha Taiji is also a very good opportunity to get to know the martial aspects from Wudang Shan and to find out how well they get along and appreciate each other.  
**Suitable for all levels.**



### Bu Diu Ding & Tai Chi Classics - Paul Silfverstrale

During these sessions I will be working on two key themes, related to push hands & self-defence applications: Not opposing, and not losing contact and key principles from the Tai Chi Classic, 'Da Shou Ge' - 'The Fighter's Song.' The classes will be safely structured and accessible to everyone.

**Suitable for those with an interest in tai chi partnership and applications.**



### Calligraphy: 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.  
**No experience required. (All materials need to be pre-ordered at a cost of £25)**



### Zhan-Nian' & Martial Application - Sam Masich

According to taiji's classical writings, 'sticking-adhering energy' or zhan-nian jin is critical to understanding taijiquan as a martial art. In this class, Sam will detail through practice, the relationship between push-hands and martial application by focusing on the sticking/adhering model. Discover more about the soft generation of power and why taijiquan is the way it is!  
**Appropriate for all levels interested in any style of internal or external martial art.**

## - BOOKING FORM -

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

REGION: \_\_\_\_\_ COUNTRY: \_\_\_\_\_

EMAIL: \_\_\_\_\_

TEL: \_\_\_\_\_

MOBILE: \_\_\_\_\_ GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_

### Period Attending

A: Full Week **£475.00**  B: Mon. - Friday **£315.00**

C: Fri. - Sunday **£200**  D: Fri. - Monday **£230**

E: Day Visitor **£60**

### 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: \_\_\_\_\_

BOOKING OFFICE

TAI CHI CALEDONIA 18 Branziert Road North, Killearn, Stirlingshire G63 9RF Scotland UK - Tel: 0141 810 3482 - Email: [bookings@taichicaldonia.com](mailto:bookings@taichicaldonia.com)

- CHOICE A -

- CHOICE B -