

Friday 12 - Friday 19 July 2013



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



TAI CHI
CALEDONIA

The EVENT

Now entering our 18th year Tai Chi Caledonia offers a unique opportunity to learn with exceptional teachers who are leaders in their respective disciplines.

Over these years we have earned an international reputation for offering exceptionally high-quality instruction, warm Scottish hospitality, and a genuine caring concern to ensure that everyone who joins us will have an experience that will stay with them forever.

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 programme, 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 18th event is also our 16th 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, which is perfectly suited for our training.



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 36 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 additional 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 informal 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.



Wang Haijun is a teacher and practitioner of Chen style Taiji at the highest level. He was the first non-Chen family student to be traditionally trained in Chen Village in Henan in modern times. His teacher, Grandmaster Chen Zhenglei, is one of the "Four Golden Tigers" of Chen style Taiji. Master Wang Hai-Jun offers classes and workshops worldwide, and has established a following of students in Asia, Australia, Europe, and the United States. He has to his credit the training of many gold medalists, among both his Chinese and non-Chinese students. He generously demonstrates the principles of Taiji, and engages in "hands-on" teaching. www.wanghaijun.com



Severino Maistrello has studied martial arts since 1973 and taught for over 25 years. He has studied in Japan and China and is an indoor disciple of contemporary M^o Wong Chun Yin (Tai Ki Kung, On Zon Su®, Cau, Tou Kung) and the National Technical Director of Wudang Fu Style Federation. He is a close student and European representative of Sifu To Yu, who was disciple of Fu Cheng Song. Tenured successor of M^oTo Yu. Severino is the only European that belongs to the 3rd generation of Fu Style. www.wudang.it



Barry McGinlay has been teaching Taijiquan and Qigong for 12 years. He runs the Tai Chi Life School in London in association with the Longfei Taijiquan Association of Great Britain and has taught twice weekly for 10 years at the Camden Chinese Community Centre. Barry has a range of experience practising other martial arts, such as Hapkido, Kick Boxing, Wing Chun, Judo and Karate. Barry has twice represented Great Britain in Kick Boxing and is Director of Competition and Coach for Longfei's successful competition team, Team Longfei. Barry leads the London Free Open Pushing Hands Session every Saturday in Regent's Park. www.taichilife.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, Gundaos, lance, pole and double weapons), tui shou and fighting. www.itkataiji.com



Luke Shepherd is a Portrait Sculptor, runs Open Palm Taiji in Exeter and is a director of Tai Chi Nation with 31 years training. His interest originated with his anatomical studies. He trained for 15 years with Richard Farmer and 4 with Dr Shen Hongxun before sourcing Patrick Kelly in 1996 whose system maintains a deep meditative approach and simultaneously develops powerful relaxed issuing forces. He trained for 3 years with Wee Kee Jin and 2 years in India with his meditation teacher. As a senior student of Patrick Kelly he is one of a handful of instructors in the UK closely following this lineage and has recently released a high quality online taiji course - iChi. He will be teaching with Aaron Goodwin - senior student of Patrick Kelly. www.abcbronze.co.uk



Faye Yip was born into a traditional Chinese Martial Arts family in Beijing and has since the age of 7 studied Shaolin Quan, Xingyi, Bagua and Taiji with her father, Professor Li Deyin. She has been teaching in the UK and Europe since 1990, having produced many medal winners. She is the President of the British Health Qigong Association, a member of the Executive Committee of the Tai Chi Union for Great Britain and an advisor for the TCUGB Judges' Training Courses. www.deyin-taiji.com

The Weekend Guest Instructors



Nils Klug has studied tai chi since 1988 and is a close student of William CC Chen with whom he became a certified instructor in 1993. He is President of the Taijiquan & Qigong Federation for Europe and organiser of the Push Hands Meeting in his native Hannover, Germany. <http://tai-chi-studio.de> www.taiji-europa.de



Bob Lowey has studied martial arts since the 1960s including karate, judo and Wang Kung Shou Tao in 1979. He has taught since 1985 and has achieved international recognition through his regular appearance at major European tai chi events. He is a 15th generation disciple of Master You Xuande and Scottish Secretary for South Wudang Daoist Association. www.7starstjq.com



Ben Morris has been engaged in martial arts from an early age. He has studied Kyushindo Judo in Leeds for the past 19 years, and over the past 10 years has studied Taijiquan, Xing Yi Quan and Bagua Zhange under Masters Colin and Gaynel Hamilton of the Yiheyain School of Internal Martial Arts in West Yorkshire. He is an active Martial Arts competitor having medalled at Regional and National competitions in both ground and stand-up grappling. www.yiheyuan.co.uk



Ronnie Robinson has studied taijiquan since 1981 and is an active promoter of the arts through various mediums: Media and Promotions Manager - Tai Chi Union for Great Britain, Secretary - Taijiquan & Qigong Federation for Europe, Editor - Tai Chi Chuan and Oriental Arts Magazine, Co-Director - Taiji Europa. Ronnie frequently teaches at major European events. www.chirontaichi.co.uk www.taiji-europa.eu



Tary Yip has studied martial arts for over 40 years. He has trained in and taught Southern Style Bamboo Forest Praying Mantis kung fu in the UK for over 20 years. Under his teacher and father-in-law professor, Li Deyin, he has trained in Sun Style, Yang Style Tai Chi, Qigong and Hebei Style Xing Yi Quan and has dedicated most of his practice and teaching to Traditional Yang and Sunstyle Taiji, Xing Yi, Taiji Kung Fu Fan and Wudang Sword. www.deyin-taiji.com



SATURDAY

10.00 - 10.45

Qigong for Stress Relief

- Tina Faulkner

10.50 - 11.35

Siu Kao Tin 9 Heavens Qigong

- Severino Maistrello

11.45 - 12.30

5 Animals Qigong

- Faye Yip

14.00 - 14.45

5 Shanghai Qigong Exercises

- Barry McGinlay

15.00 - 15.45

Qigong 'Mother Sequence'

- Gianfranco Pace

16.00 - 16.45

Qigong for Stress Prevention

- Tina Faulkner

SUNDAY

10.00 - 10.45

Taiji Qigong

- Ronnie Robinson

10.50 - 11.35

Yijinjing

- Tary Yip

11.45 - 12.30

Qigong 'Mother Sequence'

- Gianfranco Pace

14.00 - 14.45

Qigong for Stress Prevention

- Tina Faulkner

15.00 - 15.45

Medical Qigong

- Bob Lowey

16.00 - 16.45

Siu Kao Tin 9 Heavens Qigong

- Severino Maistrello

SATURDAY

10.00 - 10.45

Tai Chi Body Mechanics

- Nils Klug

10.50 - 11.35

Sun Style 13 Step Taijiquan

- Tary Yip

11.45 - 12.30

Developing Grounding

- Luke Shepherd

14.00 - 14.45

Wudang 18 Step Form

- Bob Lowey

15.00 - 15.45

Tai Chi Fan Form

- Faye Yip

16.00 - 16.45

Huang's 5 Loosening Exercises

- Luke Shepherd

SUNDAY

10.00 - 10.45

Huang's 5 Loosening Exercises

- Luke Shepherd

10.50 - 11.35

Wudang 18 Step Form

- Bob Lowey

11.45 - 12.30

Tai Chi Fan Form

- Faye Yip

14.00 - 14.45

Body Mechanics

- Nils Klug

15.00 - 15.45

Developing Grounding

- Luke Shepherd

16.00 - 16.45

Tai Chi Principles

- Barry McGinlay

SATURDAY

10.00 - 10.45

Explosive Force

- Gianfranco Pace

10.50 - 11.35

Chin Na Techniques

- Barry Mc Ginlay

11.45 - 12.30

Moving Step Push Hands

- Ben Morris

14.00 - 14.45

"Listening" in Push Hands

- Ronnie Robinson

15.00 - 15.45

8 Trigram Pa Kua Chi Kung

- Severino Maistrello

16.00 - 16.45

Xingyi

- Tary Yip

SUNDAY

10.00 - 10.45

Tai Chi Fight Training

- Gianfranco Pace

10.50 - 11.35

Da Lui

- Barry McGinlay

11.45 - 12.30

Moving Step Push Hands

- Ben Morris

14.00 - 14.45

8 Trigram Pa Kua Chi Kung

- Severino Maistrello

15.00 - 15.45

Xingyi

- Tary Yip

16.00 - 16.45

Tai Chi Fight Training

- 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 12th evening and departing on the morning of Friday 19th July, your stay will include all meals, accommodation and tuition for the full event. **£525.00**

B: Monday - Friday

Arriving on the evening of Sunday 14th and working from Monday 15th - Thursday 18th, your stay will include all meals, accommodation and tuition. **£330.00**

C: Friday - Sunday

Arriving on Friday 12th evening for the weekend workshops and leaving on Sunday 14th, after dinner, including all meals, accommodation and tuition for the weekend event. **£225**

D: Friday - Monday

Arriving on Friday 12th evening for the weekend workshops and leaving on Monday 15th, after breakfast, including all meals, accommodation and tuition for the weekend event. **£250**

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

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



Soft Relaxed Elastic Forces - Luke Shepherd
Uprooting and throwing your partner using soft elastic forces begins with regulating muscle changes. An introduction to developing soft relaxed forces through the systematic training of the 5 loosening Exercises of Master Huang Shen Shyan. Focusing on the Vertical Circle as a training method. This training looks at how the body and mind generate forces and as such is open to all styles and levels.
Keen beginners to advanced practitioners.



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.



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.**



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



Ba Duan Jin: 8 Treasures - Faye Li Yip

The Eight-section Exercise dates back to the Song Dynasty (960-1279) and is one of the most popular and effective qigong systems. Practising Ba Duan Jin helps to improve the respiratory system, increases limb strength and joint flexibility. It also strengthens the immune system, delays the aging process and improves cardiovascular function.

Accessible to all.



Challenging the 10 Tai Chi Principles - Barry McGinlay

Whatever system of tai chi you practice awareness and adherence of the principles is paramount to good practice. Over the course of these sessions we will introduce and discuss each of the Ten Tai Chi Principles. We will study the relationship of the Principles to the forms that you are practising using solo, partner and group work. The sessions will be challenging and thought-provoking.

Accessible to all.



Silk-Reeling Exercises & Push Hands - Wang Haijun

Silk-Reeling is an integral aspect of training in the Chen Taijiquan System which is of great benefit to all practitioners, irrespective of style. It unifies the body, connects the internal 'Qi' energy and through clearly defined patterns works to strengthen the body whilst increasing fluidity and smoothness. We will also continue this work with partners through the application of pushing hands techniques. **From dedicated beginner to advanced practitioner.**



On Zon Su: Foot Massage - Severino Maistrello

Applying ancient Taoist Yin/Yang/5 Element theory through key feet points to the internal organs this effective health system accurately assesses the client's health then works to balance posture, regulate internal organs and harmonise the natural energy flow. It improves muscle pain, joint pain, headaches, internal organ imbalance, coughs, bronchitis, anxiety, blood pressure, palpitations, nausea, indigestion, & kidney weakness. We will also work with complimentary qigong exercises.

Accessible to all.

- BOOKING FORM -

Name: _____

Address: _____

City: _____ Postcode: _____

Region: _____ Country: _____

Email: _____

Tel: _____ Mobile: _____

Gender: _____ Age: _____ (gender & age information is to help us to accommodate you with similar people)

PERIOD ATTENDING

A: Full Week £525 B: Mon. - Friday £330

C: Fri. - Sunday £225 D: Fri. - Monday £250

E: Day Visitor £70 (please tick appropriate box)

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: _____

25% Deposit Enclosed = : _____

