

# TAI CHI CALEDONIA



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



**Scotland**  
Friday 13 - Friday 20  
**June 2014**

## The EVENT

Now entering our 19th 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 or Facebook pages regularly for a fuller description and updates as we add more things to our programme.

## 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 19th event is also our 17th 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 offers 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 you will train 2<sup>1/2</sup> hours each morning and afternoon, over the four days allowing 10 hours intensive training, each morning and afternoon, working on 2 separate disciplines (1 each from A and B) 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.

### Talks & Discussions

In addition to the practical work we offer a range of talks and discussions on various aspects of Chinese Internal Arts

## The Instructors



**Sam Masich** is considered to be one of the most accomplished mid-generation practitioners of Chinese internal martial arts in the world today, teaching in nine countries. Having trained and taught for more than thirty years, he has been included as one of the '100 Extraordinary Chinese Martial Arts Practitioners' in the world today by the International Wushu Sanshoudao Association and is an awarded eighth degree master.

Sam focuses on finding ways to make what is hidden accessible and what is mundane transcendent. He teaches private lessons, workshops in English, German and Spanish. [www.sammasich.com](http://www.sammasich.com)



**Yanira Masich** has studied taijiquan since 1996 following an athletics career which included a highlight as national women's 100 metre record holder in her native México. A background in therapeutic massage compliments her practice and teaching of the full curricula of traditional Yang-style Taijiquan and 5 Section Taijiquan. She is also a reader of the traditional Mexican Nagual.

Yanira is interested in helping students find the heart by finding the heart of the art. She teaches private and group lessons in English and Spanish.



**Barry McGinlay** is a World Tai Chi champion, European Gold medalist, and Coach to National, European and World Champions. He is certified as an Advanced Instructor by the Tai Chi Union for Great Britain, and Instructor of the Longfei Taijiquan Association of Great Britain. His teachers include Master Simon Watson, Master Richard Watson, Master Wang Yanji, Professor Li Deyin, Master Faye Li Yip and Master Tary Yip under the lineage of Master Li Tianji. With over 30 years of experience, Barry is a professional martial artist who teaches internal and external martial arts to a diverse range of students. [www.taichilife.com](http://www.taichilife.com)



**Margherita Padalino** has began practising Taijiquan in 1996 with Gianfranco Pace where she is a senior member of their school's (ITKA) Technical Committee. Over the last few years she has been deeply researching Taijiquan's tradition, the internal/energetical work of Qi Gong, and Taijiquan's Self Defence aspects, successfully competing both nationally and internationally in Kick Boxing, Sanda and Tui Shou. She has worked with M Shi Rong Hua and M Wang Xian (official representative of Chen Style 19th generation) and collaborates with ITKA Head Coach Gianfranco Pace and the ITKA Technical Coach Giovambattista Scavo at their 'Taiji College ITKA' project. [www.itkataiji.com](http://www.itkataiji.com)



**Nabil Ranné** is a direct student of Chen Yu in Beijing and a 20th generation disciple of the founding family of Taijiquan in China. He practises the traditional Chen-Style Taijiquan hand and weapons forms and authored several articles on Taijiquan in books and magazines. Nabil did his PhD in sports science, acts as a founding member of the Chen-Style Taijiquan Network Germany and is a certified instructor of the German Association for Taijiquan and Qigong (DDQT). [www.ctnd.de](http://www.ctnd.de)



**Franziska Rüscher** has studied Taijiquan and Qigong since 1987 and has taught since 1991. She trained in Europe with Foen Tjoeng Lie, Petra & Toyo Kobayashi, Yang Zhen He and in China with An De Sheng and An Jian Qiu. She is a professional instructor, running her own school - the Qi-Zentrum - in the west of Austria. Franziska also serves on the Executive Committee of the Austrian Taijiquan & Qigong Association, the IQTÖ (Interessensvertretung der Taiji Quan, Qigong und Yi Quan LehrerInnen Österreich), and is a founder member of the Taiji & Qigong Freundeskreis - a registered association. [www.qi-zentrum.at](http://www.qi-zentrum.at)



**Luke Shepherd** is a Portrait Sculptor, runs Open Palm Taiji in Exeter and is a director of Tai Chi Nation having studied taiji since 1980. He is a senior student of Patrick Kelly (Master Huang Shen Shyan Lineage) whose training system maintains a deep meditative approach and yet simultaneously develops powerful relaxed issuing forces. As a senior student of Patrick Kelly he one of a handful of instructors in the UK closely following this lineage. He will be teaching with Aaron Goodwin. [www.abcbronze.co.uk](http://www.abcbronze.co.uk)

## The Weekend Guest Instructors



**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 (Jiaojia, xinjia), weapons (sword, saber, Gundoao, lance, pole and double weapons), tui shou and fighting. [www.itkataiji.com](http://www.itkataiji.com)



**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](http://www.7starstjq.com)



**Ben Morris** has studied martial arts from an early age, including: Kyushindo Judo in Leeds for 20 years, and Taijiquan, Xing Yi Quan & Bagua Zhang for 11 years under Masters Colin and Gaynel Hamilton of the Yiheyuan 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](http://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](http://www.chirontaichi.co.uk) [www.taiji-europa.eu](http://www.taiji-europa.eu)

**Roberta Polizzi** has studied Taiji since 1996, teaching in her school in Hamburg since 2007. Her primary Taiji teachers are: Nathan Menaged, Lauren Smith, Daniel Grolle - who generously showed her very different approaches to the art. She is most fascinated by the subtlety of Taiji body-work, its meaning in terms of awareness and the possibilities it offers for exploring interaction. [www.da3-taiji.com](http://www.da3-taiji.com)



# full programme and booking options



Visit our website for fuller descriptions of the weekend workshops sessions.

## SATURDAY

10.00 - 10.45

**Wudang Hui Chun Qigong**

- Franziska Ruscher

10.50 - 11.35

**5 Animals Qigong**

- Gianfranco Pace

11.45 - 12.30

**Breathing Flower Qigong**

- Roberta Polizzi

14.00 - 14.45

**Yijinjing**

- Ronnie Robinson

15.00 - 15.45

**Tendons Qigong**

- Margherita Padalino

16.00 - 16.45

**Medical Qigong**

- Bob Lowey

## SUNDAY

10.00 - 10.45

**5 Shanghai Qigong Exercises**

- Barry McGinlay

10.50 - 11.35

**Breathing Flower Qigong**

- Roberta Polizzi

11.45 - 12.30

**Grounding & Muscle Changes**

- Luke Shepherd

14.00 - 14.45

**Qigong 'Mother Sequence'**

- Gianfranco Pace

15.00 - 15.45

**Qigong Essentials**

- Franziska Ruscher

16.00 - 16.45

**Tendons Qigong**

- Margherita Padalino

## SATURDAY

10.00 - 10.45

**Silk Reeling Exercise**

- Margherita Padalino

10.50 - 11.35

**Strength in Relaxation**

- Luke Shepherd

11.45 - 12.30

**Sensing Hands**

- Yanira Masich

14.00 - 14.45

**Fundamentals of Taijiquan**

- Nanil Ranné

15.00 - 15.45

**Tai Chi Principles**

- Barry McGinlay

16.00 - 16.45

**Introduction to the Waterform**

- Roberta Polizzi

## SUNDAY

10.00 - 10.45

**Fundamentals of Taijiquan**

- Nanil Ranné

10.50 - 11.35

**Sensing Hands - Moving Step**

- Yanira Masich

11.45 - 12.30

**Fixed Step Free Push Hands**

- Margherita Padalino

14.00 - 14.45

**Qigong Meets Taiji**

- Roberta Polizzi

15.00 - 15.45

**Huang's 5 Loosening Exercises**

- Luke Shepherd

16.00 - 16.45

**Tai Chi Principles**

- Barry McGinlay

## SATURDAY

10.00 - 10.45

**Four Square Push Hands**

- Sam Masich

10.50 - 11.35

**Chin Na Techniques**

- Barry McGinlay

11.45 - 12.30

**Moving Step Push Hands**

- Ben Morris

14.00 - 14.45

**Da Lui**

- Sam Masich

15.00 - 15.45

**Moving Step Push Hands**

- Yanira Masich

16.00 - 16.45

**Tai Chi Applications**

- Gianfranco Pace

## SUNDAY

10.00 - 10.45

**Tai Chi Fight Training**

- Gianfranco Pace

10.50 - 11.35

**Bagua Circle Walking**

- Ben Morris

11.45 - 12.30

**Tai Chi Applications**

- Sam Masich

14.00 - 14.45

**Tai Chi Applications**

- Nanil Ranné

15.00 - 15.45

**Da Lui**

- Sam Masich

16.00 - 16.45

**Tai Chi Fight Training**

- Gianfranco Pace

## Your OPTIONS

To allow everyone to have the opportunity to attend Tai Chi Caledonia we offer a number of options in which you can join us; for a day, weekend, part week or full week on either a residential or non-residential basis.

The weekend sessions offer 36 x 45minute 'taster' workshops. The week-long sessions are more in-depth so it is advisable to stay on the campus to get the most from your time. However, if you're local, you can commute too.

### A: Full Week

Arriving on Friday 13th evening and departing on the morning of Friday 20th July, your stay includes all meals, (except Tuesday dinner) accommodation and tuition for the full event. **£525.00**

### B: Monday - Friday

Arriving on the evening of Sunday 15th and working from Monday 16th - Thursday 19th, your stay will include all meals, (except Tuesday dinner) accommodation and tuition. **£335.00**

### C: Friday - Sunday

Arriving on Friday 13th evening for the weekend workshops and leaving on Sunday 15th, after dinner, including all meals, accommodation and tuition for the weekend event. **£225**

### D: Friday - Monday

Arriving on Friday 13th evening for the weekend workshops and leaving on Monday 16th, after breakfast, including all meals, accommodation and tuition for the weekend event. **£260**

### 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.taichicaledonia.com/booking.html](http://www.taichicaledonia.com/booking.html)

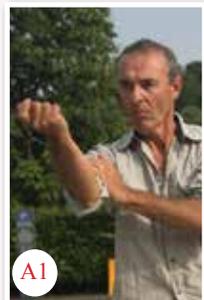
### Cancellations

Cancellations made before March 1 receive 80% refund.  
Cancellations made before April 1 receive 50% refund.  
Cancellations made after May 1 receive 30% refund.  
Cancellations made after June 30 receive no refund.

### Late Bookings:

Any booking after April 1 incurs a 5% surcharge.  
Any booking after May 1 incurs a 10% surcharge.  
Any booking after May 30 incurs a 15% surcharge.

## Monday - Thursday workshops run from 9.00 - 11.30 and from 14.00 - 16.30



A1

### 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.**



A2

### Traditional Yang-style Taijiquan Applications

- Sam Masich

There are many approaches to martial application in Yang taiji. Sam will take us through applications based on the 37 Essential Form concept presented by Yang Chengfu in his 1931 masterwork Taijiquan Method and Application (Taijiquan Shiyongfa). A detailed handout will be available for class participants.

**Accessible to all.**



A3

### Qigong Development - Franziska Rüscher

Over the course of the week we will work with a range of qigong techniques, which are designed to deepen both your practical and theoretical experience. We will work with techniques, which are designed to increase the body's natural healing energies and increase your understanding of the essentials of qigong including yin/yang, 5 elemental theories and meditation.

**Accessible to all.**



A4

### 5 Section Taijiquan - Yanira Masich

The 5 Section Two Person Taiji Sanshou routine provides a bridge between solo practice and other taiji two person work. This beginner to intermediate level sequence is elegant and fun, emphasizing correct positioning and sensitive listening. A comprehensive workbook will be available for purchase by class participants.

**Accessible to all.**



B1

### The Taijiquan Method - Nabil Ranné

Starting from basic movement principles we will work through solo and partner drills and exercises to improve fundamental Taijiquan skills like rooting, unifying, connecting, spiraling, hardness and softness and so on. The idea behind these workshops is to get a solid feel for these practical concepts and to be able to work on them in solo practice as well as partner applications.

**From dedicated beginner to advanced practitioner.**



B2

### Immersion in Taijiquan and Qigong

- Margherita Padalino

Over the course of the week we will work on both solo and partner exercises to deepen our understanding of tai chi principles and increase our ability to integrate these practices into our everyday lives. Every session will include a Qigong part in order to prepare body and mind to the following practice.

**Accessible to all.**



B3

### Exploring the Eight Powers - Barry McGinlay

The Eight Powers or Techniques are the bedrock of all systems of tai chi and here you will have a unique opportunity to investigate them thoroughly. We will introduce and discuss each of the Eight Powers through safely-structured solo, partner and group work. The sessions will have an emphasis on a relaxed, hands-on approach which will enable us to look beyond the form, go into more detail, developing an understanding to enhance your practice and enrich your study of tai chi. **Accessible to all.**

## Additions to programme...

As this programme is prepared six months in advance is not always possible to include everything in this printed document. We will be offering additional activities which will be regularly posted on our website and Facebook pages. To be kept up to date on these why not 'like' us on Facebook?



## - Booking Form -

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

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

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

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

Email: \_\_\_\_\_ Website: \_\_\_\_\_

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 £335

C: Fri. - Sunday £225  D: Fri. - Monday £260

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 = : \_\_\_\_\_



CONTACT:

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