

July 2016  
Friday 8 - Friday 15



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



TAI CHI  
CALEDONIA

## 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. The region 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 21st event is also our 19th year at Stirling University Campus which is set in a spectacular woodland, with lakes and acres of open green space which abound with wildlife. This fresh environment is perfectly suited for training.

### The Accommodation



Week-long residents enjoy the comfort of their own room in the 5-6 room chalets which offer fully-fitted kitchens, showers, toilets and lounge area. Short-stay visitors will have their own room in an apartment block. We do our best to accommodate our visitors with like-minded people so include your preferences on the booking form.

## 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 48 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 1/2 hours each morning and afternoon, over the four days allowing 10 hours intensive training, 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.

### Optional Extra Training



Barry McGinlay will be offering an optional early morning session "A Natural Approach to Tai Chi & Internal Arts"

### 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



**Niki Diestler** Studied various martial arts since his youth. His primary focus is on Taijiquan by GM Huang Xingxian as well as Taiji Tanglangquan (Praying Mantis style). His two main teachers are Master Lau Kung King (direct student of GM Huang) and Master Zhou Zhendong, lineage holder in Taiji Tanglang in the ninth generation. He has successfully participated in several Wushu Championships in China. In 2006 he and his wife, Yonghui D.- Yi, founded TAIJIARTS – association to promote Chinese martial arts and philosophy. He is a professional full-time teacher in Vienna and is a teacher's trainer of the IQTÖ as well as lecturer for Qigong on the Danube University. His work includes various projects on Taiji and coaching and writing technical articles. [www.taijiarts.at](http://www.taijiarts.at)



**Yonghui Deistler-Yi** was born in China and between 1983-1990 she studied Fine Art at Shandong Art School and from 1990 to 1996 she studied oilpainting with Prof. Hutter and Hundertwasser. Since 1988 she has been frequently published in art magazines and participated in major exhibitions in China and Austria. She lectured at Liao Ning Art Academy and is a consultant for various exercise courses and workshops in Austria. She has loved Chinese martial arts since childhood on has taught Taijiquan and Qigong in Austria for many years. Whether teaching Taijiquan or painting, on Yonghui provides a good insight to Chinese culture, leading students to a better understanding of their arts. [www.taijiarts.at](http://www.taijiarts.at)



**James Lau K King** was born in Malaysia and studied with Grandmaster Huang Sheng Shyan since 1977, focusing on push hands, self defence and health aspects of taijiquan. In his teachings he shares his experiences and practical methodology. He is a very open minded and a happy Taiji Crazy Man.....a inventor of Taiji-Bone, founder of KingTaiji Studio in Sarawak practicing the combination Art of Taiji, White Crane, Qin-Na and Lohan Zhang. He has been teaching in the western world since 1999 conducting workshops and seminars in Germany, France, Netherlands, Argentina, Austria, Japan, Australia, Korea, United States of America, United Kingdom and, more recently, Slovenia.



**Emma Lee** Emma is a World Tai Chi gold medallist and two times European Tai Chi pushing hands champion. She has been a practitioner of Tai Chi and Qigong since 2002. In January 2010, Emma became Barry McGinlay's first apprentice and trainee assistant teacher for Tai Chi Life School. Emma has additionally been taught by masters Simon Watson, Richard Watson, Wang Yanji, Professor Li Deyin, Faye (Li) Yip, and Tary Yip. Emma has also travelled to China several times to reinforce her Tai Chi training. Emma is recognised as an Intermediate Instructor by the Tai Chi Union for Great Britain (TCUGB) and is a certified instructor of the Longfei Taijiquan Association of Great Britain and the British Council for Chinese Martial Arts (BCCMA). [www.taichilife.com](http://www.taichilife.com)



**Frederic Plewniak** is teaching Yangjia Michuan Taijiquan in Strasbourg, France. Since 1999 he has been deeply engaged in research and experimentations to uncover the martial aspects of Taijiquan from basic fencing notions and martial applications of the Yangjia Michuan Kunlun sword routine to free sword sparring. <http://taijijian.free.fr>



**Ronnie Robinson** is a professional instructor who has studied Taijiquan and Qigong since 1981. For more than 20 years he has taught in a wide variety of environments including schools, hospitals, offices, prisons, cancer-care, cardiac rehab and health clubs. He has also taught extensively across Europe since 1998 and is an active promoter of Chinese Internal Arts and currently serves as Editor of Tai Chi Chuan & Oriental Arts magazine and Chairman of the Taijiquan & Qigong Federation for Europe. [www.chirontaichi.co.uk](http://www.chirontaichi.co.uk)



**Giovambattista Scavo** (GB) has studied Taijiquan since 1996 with Gianfranco Pace, and is one of his closest collaborators. He is part of the ITKA technical commission, looking after the running of the main centre of ITKA in Sicily. He closely supports Master Pace in "Taiji College". He attends courses of Chenshi Taijiquan, Qigong, Chenjiagou Kungfu and TSD System. In ITKA main center he manages the teacher courses for CJG Kungfu and the personal training for novice/intermediate level teachers. [www.itkataiji.com](http://www.itkataiji.com)



**Judith van Drooge** Has practised Yang Lineage Tai Chi Chuan with Grandmaster William C.C. Chen since 1999, with great pleasure and devotion. She is an all-round practitioner who successfully competed in national and international tournaments attaining Gold, Silver and Gold medals in Forms (weapons), Chi Kung and Push Hands. Judith has her own school in Zwolle, the Netherlands and has been a regular teacher at most of the major European Tai Chi events. [www.inner-touch.nl](http://www.inner-touch.nl)

## Guest Instructors



**Fred Behar** commenced his martial art studies in 1975 with Shotokan Karate, followed by American and French boxing, kick boxing, Judo, Kung Fu, Viet Vo Dao and Taekwondo. He has been studying Tai Chi since 1985 and teaching it since 1991. He has successfully competed in international competitions. His specialism is The Way of Non-Force in push hands. He is based in France and Thailand and holds regular workshops around the World.



**Valter Doldi** began his martial arts journey with Judo, passing on to Karate when he was 12. He gave up Karate in 1992 in order to study Tai Chi Chuan. After three year's instruction with his instructor Oscar Janno, close to M° Chang Dsu Yao, he was presented to M° Franco Mescola and entered the Centro Ricerche Tai Chi where he now teaches and is a member of the Technical and Management Committee.



**Barry McGinlay** is a World Tai Chi champion, European Gold medalist, and Coach to National, European and World Champions. He is an Advanced Instructor with the Tai Chi Union for Great Britain, and an Instructor of the Longfei Taijiquan Association GB. [www.taichilife.com](http://www.taichilife.com)



**Ben Morris** has studied East Asian martial arts for over 20 years: Kyushindo Judo, Taiji, Xing Yi & Bagua. He is an active competitor winning several national and international competitions in tui shou and ground grappling. He has published a number of books on martial arts/philosophies of the orient. He lectures in Health Psychology at Leeds Trinity University. [www.yihyuan.co.uk](http://www.yihyuan.co.uk)



**Yazhi Lui** is from Xian Yang city in China and has over 40 years experience of both external and internal forms of martial arts, training since the age of 8. At 15 years he was introduced to Tai Ji and became a lineage student of Pei Guo Qing, training exclusively in Zhao Bao Tai Ji, Qi Gong, and Tui Na. He has been teaching since 1993 and since 2005 has been a lineage student of Master Li Tian Xiang - Chen Style, gaining permission to teach in 2013. [www.azitaiji.com](http://www.azitaiji.com)



**Gillian Reid** Was born in London. Since 1992 has been studying the art of Tai Chi Chuan and spiral chi kung, known as The Biospirals Method, in Venice with the Italian Tai Chi Research Association, founded by Master Franco Mescola, where she graduated and currently teaches. [www.da3-taiji.com](http://www.da3-taiji.com)

## SATURDAY

**10.00 - 10.45**  
**Basics of Qigong**  
 - Yonghui Diestler  
**10.50 - 11.35**  
**Biospiral Qigong**  
 - Gillian Reid  
**11.45 - 12.30**  
**8 Breaths Qigong**  
 - Emma Lee  
**14.00 - 14.45**  
**Yijinjing**  
 - Ronnie Robinson  
**15.00 - 15.45**  
**Shanghai Qigong Exercises**  
 - Barry McGinlay  
**16.00 - 16.45**  
**5 Animals Qigong**  
 - GB Scavo

## SUNDAY

**10.00 - 10.45**  
**5 Shanghai Qigong Exercises**  
 - Barry McGinlay  
**10.50 - 11.35**  
**Luohan Gong**  
 - Yonghui Diestler  
**11.45 - 12.30**  
**Opening the Body**  
 - Judith van Drooge  
**14.00 - 14.45**  
**Biospiral Qigong**  
 - Gillian Reid  
**15.00 - 15.45**  
**Taiji Qigong**  
 - Ronnie Robinson  
**16.00 - 16.45**  
**8 Breaths Qigong**  
 - Emma Lee

## SATURDAY

**10.00 - 10.45**  
**Tai Chi Principles**  
 - Barry McGinlay  
**10.50 - 11.35**  
**The Importance of Relaxation**  
 - Yazi Liu  
**11.45 - 12.30**  
**Biospiral to Xuan Chuan**  
 - Valter Doldi  
**14.00 - 14.45**  
**Basics of Taiji**  
 - Yonghui Diestler  
**15.00 - 15.45**  
**Centre Awareness**  
 - Henk Janssen  
**16.00 - 16.45**  
**Intro to Zhao Bao Taiji**  
 - Yazi Liu

## SUNDAY

**10.00 - 10.45**  
**Silk Reeling Exercises**  
 - GB Scavo  
**10.50 - 11.35**  
**Biospiral to Xuan Chuan**  
 - Valter Doldi  
**11.45 - 12.30**  
**Basics of Taiji**  
 - Yonghui Diestler  
**14.00 - 14.45**  
**Centre Awareness**  
 - Henk Janssen  
**15.00 - 15.45**  
**The Importance of Relaxation**  
 - Yazi Liu  
**16.00 - 16.45**  
**Zhong Ding Practice**  
 - Lau K King

## SATURDAY

**10.00 - 10.45**  
**White Crane Internal Force**  
 - Lau K King  
**10.50 - 11.35**  
**Rooting in Push Hands**  
 - Yazi Liu  
**11.45 - 12.30**  
**Stability in Push Hands**  
 - Judith van Drooge  
**14.00 - 14.45**  
**Push Hands Conditioning**  
 - GB Scavo  
**15.00 - 15.45**  
**Intro to Dong Jing**  
 - Fred Behar  
**16.00 - 16.45**  
**Taiji Praying Mantis**  
 - Niki Diestler

## SUNDAY

**10.00 - 10.45**  
**Yielding to Divert Force**  
 - Fred Behar  
**10.50 - 11.35**  
**Taiji Praying Mantis**  
 - Niki Diestler  
**11.45 - 12.30**  
**Fun in Push Hands**  
 - Emma Lee  
**14.00 - 14.45**  
**Stability in Push Hands**  
 - Judith van Drooge  
**15.00 - 15.45**  
**Intro to Dong Jing**  
 - Fred Behar  
**16.00 - 16.45**  
**Chin Na**  
 - Barry McGinlay

## SATURDAY

**10.00 - 10.45**  
**Moving to Fixed Push Hands**  
 - Niki Diestler  
**10.50 - 11.35**  
**Tui Shou to Sword Fencing**  
 - Frederic Plewniak  
**11.45 - 12.30**  
**Moving Step Push Hands**  
 - Ben Morris  
**14.00 - 14.45**  
**Moving to Fixed Push Hands**  
 - Niki Diestler  
**15.00 - 15.45**  
**Tui Shou to Sword Fencing**  
 - Frederic Plewniak  
**16.00 - 16.45**  
**White Crane Internal Force**  
 - Lau K King

## SUNDAY

**10.00 - 10.45**  
**Fixed - Free Push Hands**  
 - Henk Janssen  
**10.50 - 11.35**  
**Competition Push Hands**  
 - Ben Morris  
**11.45 - 12.30**  
**White Crane Internal Force**  
 - Lau K King  
**14.00 - 14.45**  
**Moving to Fixed Push Hands**  
 - Niki Diestler  
**15.00 - 15.45**  
**Tui Shou to Sword Fencing**  
 - Frederic Plewniak  
**16.00 - 16.45**  
**Tai Chi Self Defence**  
 - GB Scavo

## 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 48 x 45 minute '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 8th evening and departing on the morning of Friday 15th July, your stay includes all meals, (except Tuesday dinner) accommodation and tuition for the full event. **£535.00**

### B: Monday - Friday

Arriving on the evening of Sunday 10th and working from Monday 11th - Thursday 14th, your stay will include all meals, (except Tuesday dinner) accommodation and tuition. **£335.00**

### C: Friday - Sunday

Arriving on Friday 8th evening for the weekend workshops and leaving on Sunday 10th, before dinner, including all meals, accommodation and tuition for the weekend event. **£245**

### 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. **£275**

### 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 it 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.taichicalledonia.com/booking.html](http://www.taichicalledonia.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 May 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.

### Final Payments:

Payment in full must be received by **June 27, 2016**

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

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



**Mind/Body Coordination - James Lau K King**  
 This is a very short and complex solo moving sequence, created by Master Lau Kung King. It provides excellent material to be applied directly into Pushing Hands. Either fixed pattern, or free play these exercises contain the typical flavor of "Huang - Taiji" expanding on principles of Taijiquan, White Crane & Luohan fist. Master Lau will also teach the famous five loosening exercises, which contain the essence of Huang's Taiji and their applications. **Keen beginners to advanced practitioners.**



**Taijiquan, Qigong & Calligraphy: A Practical & Symbolic Insight - Yonghui Diestler-Yi**  
 Taiji philosophy pervades all aspects of Chinese culture and Chinese internal arts and calligraphy are two areas where one practically investigate this philosophy. This workshop goes to the root of this philosophy and by working with core exercises from Calligraphy, Taijiquan and Qigong we will learn interesting correlations that are present, but often overlooked. Ideal for anyone who wants to know more about the essence of Chinese culture, the base of the different moving arts. **Accessible to all.**



**Principles of Swordplay - Frederic Plewniak**  
 The Taiji sword is a truly devoted partner, always ready to a deeper understanding and better embodiment of Taiji principles. In these workshops we'll explore the principles of Taiji Swordplay, appropriate to all styles. Starting from basic techniques, to more advanced concepts, applying the Taiji classics: handling and wielding the sword, cuts and thrusts, footwork and nimbleness, building a partnership with your sword, parallel between tuishou and swordplay, etc. **Accessible to all.**



**Introduction to Tai Chi Partnerwork - Emma Lee**  
 Solo forms are the basis of all tai chi training but by doing partnerwork you can extend your understanding of key tai chi principles such as structure, sensitivity, relaxation, focus and spontaneity. Many practitioners either don't get the chance to work with others or have concerns about venturing into the unknown. Emma offers a safe, gentle and creative platform to extend your understanding of tai chi through working a range of partner exercises and routines. **Accessible to all.**

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



**18 Taiji Qigong (Shibashi) - 3rd Set - Ronnie Robinson**  
 Having taught professionally for over 20 years the Taiji Qigong (sets 1 & 2) have been some of the most valuable tools in my internal arts repatoire, enabling me to work successfully with people of all ages and physical abilities, instantly providing real, tangible results where they instantly feel better. Having worked directly with, and been certificated by, the creator of these systems (Lin Housheng) I'm delighted to be able to introduce this 3rd set to the UK. **Accessible to all.**



**Taiji Ba Men: The 8 Doors in Pushing Hands - Niki Diestler**  
 The theory of 8 fundamental forces and 5 steps is at the core of taijiquan. We'll work with a short sequence for training these essential principles, which we will integrate immediately into Pushing Hands. You will develop a clear path and a deeper understanding of the fundamental forces of taijiquan. Beginners can learn the core elements of Taijiquan, while advanced practitioners can meet interesting training methods and further combinations to a deeper understanding. **Accessible to all.**



**The Yin & Yang in Tai Chi Weapons - Judith Van Drooge**  
 There are many weapons used both in Tai Chi practice and Chi Kung exercises to strengthen the body. Preconceived notions can limit our choice of weapon, Fan Forms being often considered more feminine, whilst sabres more masculine weapon. All weapons contain both yin and yang and we will explore these aspects, discover their flexibility for both training martial arts and health benefits. **Accessible to all.**



**Qigong to Qinna - Giovambattista (GB) Scavo**  
 Over the course of the week GB will be offering a holistic approach to the internal arts working with 5 animals qigong to develop posture, balance, presence and intent. Push hands to increase focus, train rooting, evading etc. Students will then progress to train Self Defense application with close distance fighting, qinna (joint locks) and techniques to improve guard stance and combat counter-attacks. **A good level of physical fitness is recommended.**

## - 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 £535  B: Mon. - Friday £335   
 C: Fri. - Sunday £245  D: Fri. - Monday £275   
 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: \_\_\_\_\_  
 Share Room with: \_\_\_\_\_  
 Share Chalet with: \_\_\_\_\_  
 25% Deposit Enclosed: = \_\_\_\_\_