

July 2018  
Friday 6 - Friday 13



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



TAI CHI  
CALEDONIA

## The EVENT

Now in our 23<sup>rd</sup> 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.

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

## 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 23<sup>rd</sup> event is also our 21<sup>st</sup> 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



Residents enjoy the comfort of their own room in the 5-6 room chalets which offer fully-fitted kitchens, showers, toilets and lounge area. We do our best to accommodate our visitors with like-minded people so include your preferences on the booking form.



Ronnie Robinson  
1953 - 2016  
Still missed

## The Programme

We offer a range of options for attending Tai Chi Caledonia, making it accessible to all. You can attend on a day, a weekend, whole or part week basis, residential or non-residential.

### Weekend Sessions



Our teaching programme starts on Saturday morning at 10.00 after our introductory meeting. The weekend sessions include a choice of 48 x 45 minute sessions allowing you to get a taste of a variety of approaches to tai chi & Chinese internal arts.

### Week-long Sessions



Monday to Thursday you will train 2<sup>1/2</sup> 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.

### Baguazhang Training

07.30 - 09.30 Sun till Thursday



There will be an opportunity again this year to work with highly experienced Bagua teachers.

### Qigong Training

08.30 - 09.30 Sun till Thursday



Early morning Qigong sessions will be with 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.

### Cally Ceilidh - Wednesday



## The Instructors



**Master Sam Masich** has taught as a full-time instructor in over 100 cities in North America, Europe and China. Students from around the world have travelled to study with him in workshops such as his annual Summer Push Hands Training Camps held in Vancouver and Berlin. Recognized as one of the '100 Extraordinary Chinese Martial Arts Practitioners' in the world by the International Wushu Sanshoudao Association, Masich is a certified 8th degree master. He created the The 5 Section Taijiquan Programme that is taught around the world. In 2016 Masich publicly announced The Masich Internal Arts Method and accepted five formal disciples, taking on the traditional role of master. [www.masichinternalarts.com](http://www.masichinternalarts.com)



**Yonghui Deistler-Yi** was born in China 1969. Between 1983 and 1990 she studied Fine Art at Shandong Art School. From 1990 to 1996 she took masterclasses with Prof. Hutter and Hundertwasser focussing on oil painting. 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, where she now resides. She has loved Chinese martial arts since childhood and has taught Taijiquan and Qigong in Austria for many years. Whether teaching Taijiquan or painting, Yonghui provides a good insight to Chinese culture, leading students to a better understanding of their arts. [www.taijiarts.at](http://www.taijiarts.at)



**Helmut Oberlack** was born in 1958 and started to learn taiji and qigong in the early eighties. He has learned Yang-style shortform (Zheng Manqing) and longform (Yang Zhenduo) and a number of qigong-systems like Shibashi, Ba Duan Jin, Yu Bei Shi, and more. He teaches on a private basis at his home in the north of Germany and works for a sports federation in Hamburg training teachers to qualify them to teach qigong in sports clubs. Helmut is also the publisher of the German Taijiquan & Qigong Journal. [www.tqj.de](http://www.tqj.de)



**Yanira Masich** Following a high-performance national-level athletics career, Yanira began her taijiquan studies in 1996 at the National University in her native México. In 2002 she became a co-instructor in the UNAM taijiquan program and has since worked with students in México, Canada, USA, Germany, England, Scotland, Spain, and Italy. Yanira now teaches the full curricula of traditional Yang-style Taijiquan and 5 Section Taijiquan. With a further background in therapeutic massage, she helps students to find the heart of the art. Yanira also gives personal readings using the Chinese 'Book of Changes' (Yijing) and traditional Mexican 'animal spirits' (nagual). [www.masichinternalarts.com](http://www.masichinternalarts.com)



**Angela Menzel** Born 1969. A wushu lover, clown, drama teacher, director. Angela has been passionately practising Taijiquan since 1992, Tongbeiquan and Baguazhang since 2002 and Xinyiquan since 2010. She loves to foster, present and teach all four disciplines. Training all of them enriches cross connections and development of the other three disciplines and vice versa. Training is always vivid and exciting. Angela was lucky to be able to train in these four classical disciplines through the generosity of the family of Sha Guozheng from Kunming/China, whose head, Sha Junjie, asked her to join the family in 2010. She has also had a long term love affair with different Qigong schools. [www.tai-chi-schule-goettingen.de](http://www.tai-chi-schule-goettingen.de)



**Roberto Benetti** has studied Taijiquan since 1985 later trained in Liu He Xin Yi Quan and Tuina. He has been a professional teacher for over 20 years, working in Italy and abroad where he regularly delivers seminars and lectures at major European events such as Nils Klug's annual Push Hands event in Hannover and perhaps the oldest European event, Rencontres Jasniers in France, to name just two. [www.associazionepmc.it](http://www.associazionepmc.it)



**Luigi Zanini** has extensive experience in Chinese and Non-Chinese martial arts. After twelve years of training in Shaolin, Tanglang, Tantui and Baguazhang with Sifu Stefano Bellomi, he started investigating practical aspects of sparring and developing internal skills. His practice also includes Yiquan, Xingyiquan, Taijiquan and other fighting methods. He studied with interesting teachers around the globe and crossed hands with skilled people. He holds titles in Baguazhang, Yiquan, Chinese Traditional Medicine and Krav Maga. Since 1990 he has taught Baguazhang and Qigong, and is a regular guest teacher at major European martial events. He has published articles in various languages, books and a blog on martial arts. <http://lzanini.blogspot.it>



**Gillian Reid** was born in London. Since 1992 she has been studying the art of Tai ChiChuan 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.taichi.it](http://www.taichi.it)

## Guest Instructors



**Tina Faulkner-Elders** began training Gong Fu and Chin Na as a child. She studied Daoyin Yangsheng Gong in Beijing, and also with Masters Shi Ming and Chen Lisheng. Her Aberdeen school has been awarded the first Teaching Cooperation to the Wudang Daoist Wuji Gongfu Academy. Tina regularly hosts Master Chen in the UK and travels to Wu Dang to study with him.



**Javier Arnanz** has practised Chinese martial arts for 20 years. A student of Sam Masich he teaches the Masich Internal Arts Method in Spain and has participated in national and international tournaments as competitor and coach. He combines his teaching in Tai Chi and Health Qigong with his practice as an osteopath and sport psychologist, training coaches in pedagogy and training techniques.



**Cunyi Deistler** started practising Gongfu at age 8. He learned from Zhou Zhendong, Wang Lianyu, Lau Kungking, Chen Shihong and Nikolaus Deistler. His techniques are mainly rooted in Praying Mantis Style, with influences of Yang style Taijiquan and MMA. Cunyi has won competitions in Austria and China. As a graphic-design graduate, he possesses a very keen eye for movement.



**Birinder Tember** is a Chinese medical physician and a master of internal arts graded by the Chinese Wushu Association. He is a disciple of Sha Junjie, well versed in Tai Chi, Xing Yi Quan, Tong Bei, Bagua Zhang and Qigong, which he teaches in London. He is the Acupuncture Clinical Director at the College of Naturopathic Medicine and has headed MSc programs in Nutrition, Chinese Herbal Medicine and acupuncture since 2005 and sees patients at his private clinics in London and Surrey.

**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.yihueyuan.co.uk](http://www.yihueyuan.co.uk)

**Enrico Colmi** is a medical doctor now practising TCM and Osteopathy. He studied Taoist Qigong with Master Mantak Chia in Thailand and Chinese Kungfu (Baguazhang, Xingyiquan and Liuhe Tanlangquan) with Master Liu Jingru in China. He has over 20 years of teaching experience and recently has developed a particular method of qigong: 'QIGONG-NEIGONG of the 5 dynamics'.

**Barrie Jehu** started learning martial arts in the mid-60s with archery and fencing; in the mid-70s he moved to Shetland where the only thing available was Shotokan karate. In the 80s he started learning Tai Chi; he follows the teachings of Chen Yanlin and Chen Weiming, both students of Yang Cheng Fu; at least for the forms.

**Bob Lowey** has studied martial arts since the 1960s 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 Vice-President for the Daoyin Association for Scotland.



website: [www.taichicalledonia.com](http://www.taichicalledonia.com)



# Your weekend, week-long programme and booking options

## SATURDAY

**10.00 - 10.45**  
**Jin Jong Qigong**  
- Helmut Oberlack  
**10.50 - 11.35**  
**A Taste of Xingyiquan**  
- Luigi Zanini  
**11.45 - 12.30**  
**5 Element Warm up**  
- Bob Lowey  
**14.00 - 14.45**  
**Luohan Gong - An Intro**  
- Yonghui Deistler-Yi  
**15.00 - 15.45**  
**Neigong of the 5 Dynamics**  
- Enrico Colmi  
**16.00 - 16.45**  
**You, Your Mind & Taijiquan**  
- Barrie Jehu

## SUNDAY

**10.00 - 10.45**  
**5 Element Dance**  
- Bob Lowey  
**10.50 - 11.35**  
**Taiji Ba Men**  
- Yonghui Deistler-Yi  
**11.45 - 12.30**  
**Neigong of the 5 Dynamics**  
- Enrico Colmi  
**14.00 - 14.45**  
**Wong Kung Shao Tao**  
- Bob Lowey  
**15.00 - 15.45**  
**Shibashi - Set 3**  
- Helmut Oberlack  
**16.00 - 16.45**  
**You, Your Mind & Taijiquan**  
- Barrie Jehu

## SATURDAY

**10.00 - 10.45**  
**Spine Circle**  
- Tina Faulkner-Elders  
**10.50 - 11.35**  
**5 Words of Self Composure**  
- Yanira Masich  
**11.45 - 12.30**  
**Root Down - Connect Up**  
- Gillian Reid  
**14.00 - 14.45**  
**Hip Circle**  
- Tina Faulkner-Elders  
**15.00 - 15.45**  
**3 External Harmonies**  
- Helmut Oberlack  
**16.00 - 16.45**  
**5 Animal Exercises**  
- Bob Lowey

## SUNDAY

**10.00 - 10.45**  
**6 Healing Sounds**  
- Luigi Zanini  
**10.50 - 11.35**  
**Shoulder Circle**  
- Tina Faulkner-Elders  
**11.45 - 12.30**  
**Bagua Qigong**  
- Simona Longeri  
**14.00 - 14.45**  
**The Empty Step**  
- Gillian Reid  
**15.00 - 15.45**  
**5 Bow Structure**  
- Tina Faulkner-Elders  
**16.00 - 16.45**  
**Great Heaven Circulation**  
- Luigi Zanini

## SATURDAY

**10.00 - 10.45**  
**Tongbei Workout**  
- Angela Menzel  
**10.50 - 11.35**  
**Xing Yi Quan 5 Elements**  
- Birinder Tember  
**11.45 - 12.30**  
**Understanding the Hip/Waist**  
- Sam Masich  
**14.00 - 14.45**  
**Tui Shou - Angela Style**  
- Angela Menzel  
**15.00 - 15.45**  
**Xing Yi Punches**  
- Sergio Uzzo  
**16.00 - 16.45**  
**Xing Yi Quan 5 Elements**  
- Birinder Tember

## SUNDAY

**10.00 - 10.45**  
**Building & Guiding Qi**  
- Gillian Reid  
**10.50 - 11.35**  
**Xing Yi Quan 5 Elements**  
- Birinder Tember  
**11.45 - 12.30**  
**8 Kicks from Yang Style Taiji**  
- Yanira Masich  
**14.00 - 14.45**  
**Bagua Workout**  
- Angela Menzel  
**15.00 - 15.45**  
**Xing Yi Quan 5 Elements**  
- Birinder Tember  
**16.00 - 16.45**  
**Circular & Spiralling**  
- Roberto Benetti

## SATURDAY

**10.00 - 10.45**  
**Fundamentals Fixed Step Pushing**  
- Ben Morris  
**10.50 - 11.35**  
**Testing Your Roots**  
- Roberto Benetti  
**11.45 - 12.30**  
**Praying Mantis Drills**  
- Cunyi Deistler  
**14.00 - 14.45**  
**The 8 Gates in Push Hands**  
- Roberto Benetti  
**15.00 - 15.45**  
**Sensing Hands**  
- Javier Arnanz  
**16.00 - 16.45**  
**Moving Step Push Hands**  
- Ben Morris

## SUNDAY

**10.00 - 10.45**  
**Sensing Sword**  
- Javier Arnanz  
**10.50 - 11.35**  
**Taiji 5 Phase Fist**  
- Sam Masich  
**11.45 - 12.30**  
**Dantien Neigong**  
- Roberto Benetti  
**14.00 - 14.45**  
**From Pushing to Applications**  
- Ben Morris  
**15.00 - 15.45**  
**Praying Mantis Hand Techniques**  
- Cunyi Deistler  
**16.00 - 16.45**  
**Taiji Push Hands Combinations**  
- Yonghui Deistler-Yi

## Your OPTIONS

We offer a number of options to join us at Tai Chi Caledonia; a day, a 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 are local, you can commute.

### A: Full Week

Arriving on Friday 6<sup>th</sup> evening and departing on the morning of Friday 13<sup>th</sup> July, 09.00. 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 8<sup>th</sup> and working from Monday 9<sup>th</sup> - Thursday 12<sup>th</sup>. Your stay will include all meals, (except Tuesday dinner) accommodation and tuition. **£335.00**

### C: Friday - Sunday

Arriving on Friday 6<sup>th</sup> evening, for the weekend workshops and leaving on Sunday 8<sup>th</sup>, **before** dinner. Includes all meals, accommodation and tuition for the weekend event. **£245**

### D: Friday - Monday

Arriving on Friday 6<sup>th</sup> evening, for the weekend workshops and leaving on Monday 9<sup>th</sup>, **after** breakfast. Includes 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. 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. Online banking details can be sent on request.

### Overseas Visitors

Those attending from overseas are eligible for a 10% discount towards travel costs if they book prior to March 1<sup>st</sup> and pay the full balance by 25<sup>th</sup> May.

### Booking Conditions

Bookings can only be made by paying the appropriate deposit quoted for the time you wish to attend. A booking will 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:  
[www.taichicalledonia.com/booking.html](http://www.taichicalledonia.com/booking.html)

### Cancellations:

before March 1<sup>st</sup> receive 80% refund  
before April 1<sup>st</sup> receive 50% refund  
after May 1<sup>st</sup> receive 30% refund  
after May 25<sup>th</sup> receive no refund

### Late Bookings:

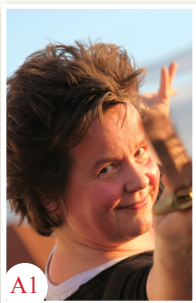
after April 1<sup>st</sup> incurs a 5% surcharge  
after May 1<sup>st</sup> incurs a 10% surcharge  
after May 25<sup>th</sup> incurs a 15% surcharge

### Final Payments:

Payment in full must be received by  
**May 25<sup>th</sup>, 2018**

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

## Monday - Thursday workshops: 10.00 - 12.30 and 14.30 - 17.00



**Baguazhang for sceptics and future lovers! – Angela Menzel** Besides being a Chinese martial art of the Neijia family, Baguazhang is fun and its learning process is very different from Taiji Quan! You will learn during this workshop a small, handy and natty Bagua form which works on a line as well as a circle. It consists of 4 movements to both sides. It is also easily put together in a partner form. We will practise basics as they make Bagua flow and whirl and if you want more I have another short and handy form in stock for you! Either way it will influence your skills in a way you can sustain! For those of you who are already hot for Bagua you can have a really intensive week by combining my offering with that of Luigi Zanini!!!  
**Accessible to all.**



**Luohan Gong - Yonghui Deistler-Yi** This form of Qigong originates from the Shaolin Temple and is named after the 18 legendary guards of Buddhism. The exercises strengthen the muscles, bones and sinews – the whole body is filled with Qi. At later stages your body structure and the flow of refined power (Jin) will be improved and even the bone marrow is targeted (Xi Sui Jing). These exercises bring great benefits for both, health and any martial art.  
**Accessible to all.**



**37 Essential Forms of Yang Chengfu - Sam Masich** In his 1931 book, 'Taijiquan Method and Application' Master Yang Chengfu (1883-1936) described 37 core forms essential to the understanding of martial application. After listing all the forms within the long form he states, "The full sequence is composed entirely of thirty-seven distinct forms." Sam Masich's extensive work in this area has stimulated breakthroughs in the theory of taijiquan. His principled approach breaks the 37 forms into 13 'families' allowing for a deeper understanding of taiji's underlying structure.  
**Keen beginners to advanced practitioners.**



**Tuina Basic Techniques – Roberto Benetti** Tuina is a perfect complement to those who train in Martial Arts or have an interest in massage. We will study basic principles and key techniques with an emphasis on developing internal work and Qigong to prepare the body and mind. We will develop sensitivity through the correct practice of Tuina and its application in Push Hands.  
**For beginners and those interested in deepening their martial practice as well as for practitioners of other Internal or Healing Arts.**



**Eight Gates of the Taiji Sword - Yanira Masich** Graceful and profound, taiji straight-sword (taijijian) is the most popular of the weapons in taijiquan curriculum. The main focus of this week will be the 'eight-gates' sword energies and drills that comprise a major part of the taiji thirteen-power sword. The practical simplicity of the eight-gates study brings the sword to life, enlivening solo forms and partner practices.  
**Some previous experience of sword work is recommended but not necessary.**



**Developing Awareness and Connection In Our Practice - Gillian Reid** In every martial art or walk of life, Man must connect in order to be, and interact. We will be working with the qualities of energy that make up our micro and macro cosmos and how, through awareness, we can improve the efficiency of our personal practice and walk of life.  
**Accessible to all.**



**Rushou and Ganshou – Luigi Zanini** A requisite to develop skills in a martial art is regular and deep practice of two person work. Only by putting theory into a real context do we discover the subtle skills we need to apply. Energies involved are similar to those of Taijiquan, such as Nien, Ting, Peng, Lu, but they are developed using a higher degree of torsions and circles, since this extra power is very useful and invested in Baguazhang. Hands can be very soft, but also quite hard at times during longer sessions. The goal is to be able to "kill the Ego" in order to achieve new abilities and change the way our mind-body reacts.  
**Open to all levels, an open attitude is strongly recommended.**



**Shibashi, Set 8 – Helmut Oberlack** Shibashi, also known as 18 Movements Taiji-Qigong is a very popular Qigong-exercise. It has different sets with 18 movements, most common are set 1 and set 2. Set 3 was introduced to Tai Chi Caledonia 2015. This time Helmut will introduce set 8, a kind of "Best of" the other sets. It has also 18 movements, but each movement contains two movements from the other sets. So it has 36 movements in total.  
**It is recommended, but not necessary, to know other sets of Shibashi.**

## - 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 ☐

### WORKSHOPS CHOICES (please tick appropriate box)

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