

July 2019  
Friday 5 - Friday 12  
Scotland



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



TAI CHI  
CALEDONIA

## The EVENT

Now in our 24<sup>th</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.

## 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 24<sup>th</sup> event is also our 22<sup>nd</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 inspired thousands with his unique interpretation of the Chinese internal martial arts. He has taught 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, he 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)



**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. [www.ruyischool.com](http://www.ruyischool.com)



### Margret Sturz

Between 1988 – 1991 Margret was a certified dance teacher in the Lola-Rogge- School of Hamburg. Having started Qigong study with Dr Michael Plotz in 1996 Margret has been teaching since 2001. She also began her Taijiquan studies with Dr Michael Plotz in 2009. Margret has been a certified alternative medical practitioner since 2014, having trained in acupuncture since 1995. [www.margretstuerz.de](http://www.margretstuerz.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)



**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 works full time as a lecturer in Health Psychology at Leeds Trinity University and is the founder of Taichiprofessional.uk teaching martial arts in the West Yorkshire area of England. He has published several books on martial arts/philosophies of the orient and conducts research into the benefits of physical activity upon psychological health. He is a member of the Yiheyuan School of Internal Arts under master's Colin and Gaynel Hamilton. [www.yiheyuan.co.uk](http://www.yiheyuan.co.uk)



**Cunyi Deistler** He started practising Gongfu at age 8 and has studied under Zhou Zhendong, Lao Kung King, Chen Shihong, Wang Lianyu, Yek Giong 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. He likes to keep complex things short and understandable. [www.taijiarts.at](http://www.taijiarts.at)



**Luigi Zanini** has a long experience in martial arts. After 12 years of training in Shaolin, Tanglang, Tantui and Baguazhang, he started investigating the practical aspects of sparring as well as developing internal skills. His practice includes Yiquan, Xingyiquan, Taijiquan and other fighting methods. A young Italian champion in forms and weapons, he holds official titles in Baguazhang, Yiquan, Chinese Traditional Medicine and Krav Maga. Since 1990 he has taught Baguazhang and Qigong all over Europe, is a regular guest teacher at major European martial events and in 2013 formed a complete Baguazhang instructors' syllabus. He has published several articles in different languages, some books and a blog on martial arts. <http://lzanini.blogspot.it>



### Sonja Schillo

After 15 years of teaching she continues to be fascinated by the seemingly endless world of Chinese martial arts and Chinese health exercises. Researching these terrific arts - Qigong, Baguazhang, Xingyiquan, Tongbeiquan, Taijiquan, and Tuishou – as well as deepening her own practice and being able to pass them on, delights her every day. Sonia's dearest and closest teachers are Zhou Yi (Tübingen), Tian Jing Miao (Beijing), Sha Jun Jie and Li Bin (Kunming), and her students. In 2009 she became a tudi (indoor student) of Li Bin. [www.sonjaschillo@yahoo.de](mailto:www.sonjaschillo@yahoo.de)

## Guest Instructors



**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 Taichi and Health Qigong with his practice as an osteopath and sport psychologist, training coaches in pedagogy and training techniques.



**Pim Van Der Broek** has practised Taijiquan since 1999, having previous experience in Kempo, Tae Kwon Do and Pencak Silat. He trains with various teachers in the Netherlands and abroad and often visits Asia to deepen his practice of Taiji, Qigong, Reiki and Yoga. Pim has also been a guest teacher in the programme for government approved teachers in Martial Arts. In addition, he regularly organizes workshops in the business sector where tai chi is used to clarify communication processes. Co-founder of the North Sea Tai Chi Festival [www.northseataichi.nl](http://www.northseataichi.nl), an event promoting taiji, focusing on pushing hands in the Netherlands,



**Willhelm Mertens** has been teaching Taijiquan and Qigong for many years in Hamburg (Schule für berührende und bewegende Kunst). He started learning in 1979 with Chrisa Proksch, and spent many years with Ben Lo, Peter Ralston and Patrick Kelly. His career as a bioengineer and his 10 year experience as social pedagogy are an asset for his teaching. Between 2003 and 2005 he also was the chairman of the German Dome association Qigong and Taijiquan (DDQT).



**Roderik Schoorlemmer** Born in 1971, Roderik has been training Yang style tai chi according Huang Sheng Shyan with his teacher Wee Kee Jin both in Europe and in New Zealand since 2003. In his daily life as life coach, he uses tai chi and the conscious work of Peter Ralston in personal development and leadership's programs. He is co-organizer of the North Sea Tai Chi festival.



**Sergio Uzzo** started his martial arts studies with Master Yang Lin Sheng in 2006, studying Taiji (Chen), Xingyiquan, Yiquan, Baguazhang. He then studied Cheng Ming Style (Wang Shujin School), Taiji, Xingyiquan, Baguazhang and Qigong with Master Paolo Magagnato, and with Guo Guizhi's Dachengquan – Yiquan. Under the direction of Whang Fu Lai and Huang Su Chun, Sergio gained the international certification for Taiji and Qigong from Cheng Ming School. In 2016 he began his Baguazhang studies with Luigi Zanini. In 2018 he attained the instructor degree for Krav Maga Combat System from "Federazione Italiana Krav Maga".



**Simona Longeri** started her study of martial arts in 1999 with Liuhebafaquan under Master John Shadow. She studied with Prof Li Xiaoming to become an instructor of Therapeutic Qigong. In 2002 she studied Xingyiquan, Baguazhang and Yiquan with Yang Linsheng and Liu Chunyan, also Chen Style Taijiquan with Xiaowang and Zhu Tiancai. In 2006 she started to study with Paolo Magagnato. Simona gained 1st place in Tuishou and 4th place in Taiji form at the international tournament in Taiwan in 2012. Today she is a Martial Arts, Yoga, and Pilates teacher.



## SATURDAY

**10.00 - 10.45**  
**Meditation - Silence & Breath**  
 - Margret Sturz  
**10.50 - 11.35**  
**Spine Circle**  
 - Tina Faulkner-Elders  
**11.45 - 12.30**  
**Huang's Up & Down**  
 - Roderick Schoorlemmer  
**14.00 - 14.45**  
**Sha Qigong**  
 - Sonja Schillo  
**15.00 - 15.45**  
**Huang's #1 - Spiral**  
 - Roderick Schoorlemmer  
**16.00 - 16.45**  
**Meditation - Walking**  
 - Margret Sturz

## SUNDAY

**10.00 - 10.45**  
**Meditation - Silence & Breath**  
 - Margret Sturz  
**10.50 - 11.35**  
**Huang's #3 - Pull**  
 - Roderick Schoorlemmer  
**11.45 - 12.30**  
**Integrating Body & Mind**  
 - Yanira Masich  
**14.00 - 14.45**  
**5 Bow Structure**  
 - Tina Faulkner-Elders  
**15.00 - 15.45**  
**Huang's #5 - Push**  
 - Roderick Schoorlemmer  
**16.00 - 16.45**  
**Meditation - Walking**  
 - Margret Sturz

## SATURDAY

**10.00 - 10.45**  
**Integrating Body & Mind**  
 - Yanira Masich  
**10.50 - 11.35**  
**Baguazhang-Basic Principles**  
 - Sonja Schillo  
**11.45 - 12.30**  
**Xiao Yijinjing**  
 - Luigi Zanini  
**14.00 - 14.45**  
**Hip Circle**  
 - Tina Faulkner-Elders  
**15.00 - 15.45**  
**Lu - Following & Joining**  
 - Wilhelm Mertens  
**16.00 - 16.45**  
**5 Element Push Hands**  
 - Pim van der Broek

## SUNDAY

**10.00 - 10.45**  
**Guang Qi Qigong-Nourish Qi**  
 - Luigi Zanini  
**10.50 - 11.35**  
**Shoulder Circle**  
 - Tina Faulkner-Elders  
**11.45 - 12.30**  
**Tongbeiquan Basic Principles**  
 - Sonja Schillo  
**14.00 - 14.45**  
**5 Element Push Hands**  
 - Pim van der Broek  
**15.00 - 15.45**  
**Xingyiquan Basic Principles**  
 - Sonja Schillo  
**16.00 - 16.45**  
**Zhan Zhuang**  
 - Luigi Zanini

## SATURDAY

**10.00 - 10.45**  
**Wudang San Feng Gun Form**  
 - Ben Morris  
**10.50 - 11.35**  
**Introduction to Praying Mantis**  
 - Cunyi Diestler  
**11.45 - 12.30**  
**Stance in Sensing Hands**  
 - Javier Arnaz  
**14.00 - 14.45**  
**Wubuquan - 5 Stances Fist**  
 - Yanira Masich  
**15.00 - 15.45**  
**Basic Techniques Praying Mantis**  
 - Cunyi Diestler  
**16.00 - 16.45**  
**Sensing Hands/Sword**  
 - Javier Arnanz

## SUNDAY

**10.00 - 10.45**  
**Ji - Compression**  
 - Wilhelm Mertens  
**10.50 - 11.35**  
**Bagua Flow**  
 - Ben Morris  
**11.45 - 12.30**  
**Introduction to Praying Mantis**  
 - Cunyi Diestler  
**14.00 - 14.45**  
**Sensing Hands/Sword**  
 - Javier Arnanz  
**15.00 - 15.45**  
**Basic Techniques Praying Mantis**  
 - Cunyi Diestler  
**16.00 - 16.45**  
**An - Stillness to Movement**  
 - Wilhelm Mertens

## SATURDAY

**10.00 - 10.45**  
**Peng - Elasticity**  
 - Wilhelm Mertens  
**10.50 - 11.35**  
**Neutralising - Hua Jin**  
 - Sam Masich  
**11.45 - 12.30**  
**Chin Na**  
 - Pim van der Broek  
**14.00 - 14.45**  
**Wudang San Feng - Partner Work**  
 - Ben Morris  
**15.00 - 15.45**  
**Issuing - Fa Jin**  
 - Sam Masich  
**16.00 - 16.45**  
**Bagua Bodywork**  
 - Luigi Zanini

## SUNDAY

**10.00 - 10.45**  
**Stance in Sensing Hands**  
 - Javier Arnanz  
**10.50 - 11.35**  
**Neutralising - Hua Jin**  
 - Sam Masich  
**11.45 - 12.30**  
**Chin Na**  
 - Pim van der Broek  
**14.00 - 14.45**  
**Practical Self-defense**  
 - Ben Morris  
**15.00 - 15.45**  
**Issuing - Fa Jin**  
 - Sam Masich  
**16.00 - 16.45**  
**Wubuquan - 5 Stances Fist**  
 - Yanira Masich

## 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 5<sup>th</sup> evening and departing on the morning of Friday 12<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 7<sup>th</sup> and working from Monday 8<sup>th</sup> - Thursday 11<sup>th</sup>. Your stay will include all meals, (except Tuesday dinner) accommodation and tuition. **£335.00**

### C: Friday - Sunday

Arriving on Friday 5<sup>th</sup> evening, for the weekend workshops and leaving on Sunday 7<sup>th</sup>, **before** dinner. Includes all meals, accommodation and tuition for the weekend event. **£245**

### D: Friday - Monday

Arriving on Friday 5<sup>th</sup> evening, for the weekend workshops and leaving on Monday 8<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 24<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 24<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 24<sup>th</sup> incurs a 15% surcharge

### Final Payments

Payment in full must be received by  
**May 24<sup>th</sup>, 2019**

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

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



A1

### Wudang 5 Animal Qigong - Tina Faulkner Elders

For centuries the Five Animal techniques have been very popular Yangsheng practices throughout China. The mimicking of each animal through movement, mind and breath naturally follows the energy of each of the Five Elements to bring balance and harmony to the internal organs of the body. These strong, playful routines remain true to Wudang's original style. They focus on internal power and aim to bring the practitioner back to nature. The Wudang Five Animals are: the ancient Turtle, the coiling and darting Snake, the playful Tiger, the powerful majestic Dragon and the elegant Crane. Animal noises optional.

Accessible to all levels.



A2

### Baguazhang sword - Sonja Schillo

Spiral energy flows in all living beings and is a source for creation as well as for regeneration. In this workshop we will learn the basic principles of Baguazhang and its sword techniques. By whirling, swirling and walking in circles the spiral energy is easily experienced transforming and strengthening the body and its movements. These exercises improve the understanding and use of the spiral energy which can be transported it into one's own practice. **Accessible to all - no sword experience required.**



A3

### 37 Essential Forms of Yang Chengfu - Sam Masich

In his 1931 book, 'Taijiquan Method and Application' Master Yang Chengfu described 37 core forms essential to understanding martial application. He states, "The full sequence is composed entirely of thirty-seven distinct forms." His principled approach breaks the 37 forms into 13 'families' allowing for a deeper understanding of taiji's underlying structure. This is a continuation of the work Sam started last year but is still relevant and accessible to those who did not attend these workshops.

Accessible to all levels.

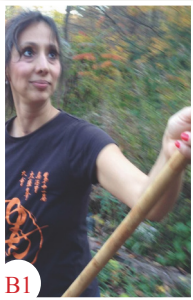


A4

### Praying Mantis | Matters - Cunyi Deistler

Certain aspects of practice can be neglected, repetition, relaxation, flow, sensitivity, health and longevity can tend to be the focus. Other factors for fighting and health, are sometimes addressed less. Eg: reflexes, endurance, rhythm, positioning, practical methods, creativity, improvisation and combinations. The masters of Tanglangquan valued every conceivable aspect. Explore various facets with mantis drills. You may not take away every key on the keyring, but possibly the one to open the essential door. **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)



B1

### Taiji 13 Dagger - Yanira Masich

Taiji Thirteen Power Dagger (taijijiandao) follows the thirteen-power theory expressed in the bare-hand, sabre, straight-sword and spear in the traditional Yang-style Taijiquan curriculum and provides an excellent foundation for these. Being a short weapon, its concepts can be easily adapted for self-defence using such daily-use objects as pens, knives, or sticks. Yanira will teach the short thirteen-movement form and introduce some of the partner practices associated with this weapon.

Accessible to all experience levels.



B2

### Translating the tai chi classics through sensing hands - Ben Morris

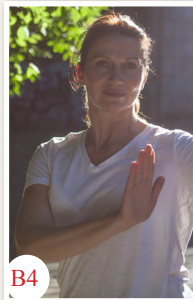
During the week we shall be looking at interpreting the tai chi classics through the medium of partner work. Partner work opens many more possibilities for exploring the fundamental writings of this often complex and sometimes esoteric art form. Over the 4 days we will be looking specifically at how we can nurture and express the 8 essential energies. The class will be a mixture of theoretical interpretations and practical applications (resting more on the practical) **Accessible to all.**



B3

### Bagua Bodywork - Luigi Zanini

Baguazhang, the youngest sister art of Taijiquan and Xingyiquan, is based on circle walking and using a unique torque/torsion effect in every movement, created in every single part of the body. We will go through a sequence of 8 exercises to develop a strong, coiling body and a clear understanding of the invisible torque motion applied in every movement. We will see how to use it. Every day adding new exercises and skills concluding with the whole set. The Bagua Body (Shen Fa) is a famous specialty of this system. Many masters of other Gongfu styles train Baguazhang to get this whole body quality. **Accessible to all. Some experience of two person work would be of benefit, but not essential.**



B4

### Meditation & Qigong - Margret Sturz

The term Meditation has lots of meanings - lots of methods. Every moment can be a moment of meditation. A moment of awareness of being in purity, in awe, freedom and beauty. We will explore different kinds of meditation-methods: Sitting-meditation, Calm standing meditation, Walking-meditation, Exercises of jing-gong (Qigong with inner movements) These Meditations will increase our awareness of a moment of being, our body, our emotions and our spirituality. **Accessible to all**

## - 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 (please tick appropriate box)

A: Full Week £535 ☐ B: Mon. - Friday £335 ☐

C: Fri. - Sunday £245 ☐ D: Fri. - Monday £275 ☐

E: Day Visitor £70 ☐

I consent to TCC using my data/images as described in its privacy policy, found at: [www.taichicalledonia.com/privacy-policy](http://www.taichicalledonia.com/privacy-policy)

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