

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

and a spectacular evening of Gala Performances!

For this, our 20th year we are delighted to play host to the Taijiquan & Qigong Federation for Europe and bring their bi-annual Congress/Forum to Scotland, to celebrate our joint 20th Anniversaries.

"The Taijiquan and Qigong Federation for Europe (TCFE) was created in 1996 to bring together individual practitioners and organisations throughout Europe."

Earlier in the year, April 11-12 the 7th TCFE European Championships of Chinese Internal Martial Arts will also take place at Blackbird Leys Leisure Centre, Pegasus Road, Blackbird Leys, Oxford, OX4 6JL Visit: www.tcfe.org

Tai Chi Caledonia was founded in 1996 to allow the people of Scotland and beyond to have the opportunity to work with high level instructors from a range of styles and approaches to Tai Chi Chuan, Qigong and other Chinese Internal Arts.

From these early days we have grown to become one of Europe's best known Chinese Internal Arts gatherings.

2015 promises to be our most memorable event ever!

20 years

July 2015
Friday 17 - Friday 24

Tai Chi & Chinese Internal Arts in the heart of Scotland

Proudly presents
A week of



Taijiquan & Qigong Federation for Europe

In Association with the



TAI CHI CALEDONIA

The EVENT

2015 is the 20th year of Tai Chi Caledonia. As it's special milestone we have extended this annual event to jointly celebrate our anniversary with the Taijiquan and Qigong Federation for Europe who, by coincidence, has also attained 20 years of promoting Internal Arts in Europe.

Tai Chi Caledonia has earned an international reputation for offering 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. 2015 will be even more exceptional!

Located in the heart of beautiful Scottish countryside, the historic 'Braveheart' landscape, provides the perfect environment for the practice of internal arts.

2015 promises to be our most memorable event ever. In addition to our regular programme we will offer many special additions.

All the essential information is contained within this compact programme, however we recommend you regularly visit our website or Facebook pages for fuller descriptions and updates as we add more things to this celebratory 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 1 hour from Glasgow or Edinburgh, Scotland's two major cities. There are a number of budget airlines which serve Scotland. Our website has travel guides. The campus is a short bus ride from Stirling railway station.

The Venue



This special event is also our 18th 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 offer 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 60 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, 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



There will also be a series of talks and discussions on various aspects of Chinese Internal Arts.

Booking OPTIONS

To allow everyone to have the opportunity to attend this special event, we offer a number of options: come for full week, part-week, weekend or day only on either a residential or non-residential basis. The weekend sessions offer 60 x 45 minute 'taster' workshops. As the week-long sessions are in-depth we recommend staying on the campus.

A: Full Week

Arriving: Friday 17th pm, Leave: Friday 24th am
Includes all meals*, accommodation and tuition. **£550**

B: Monday - Friday

Arriving: Sunday 19th pm, Leaving: Friday 24th am
Includes all meals*, accommodation and tuition. **£350**

* There are no meals on Friday 17th or on Tuesday evening, 21st when we have an optional Chinese Banquet

C: Friday - Sunday

Arriving: Friday 17th pm, Leaving: Sunday 19th pm
Includes all meals, accommodation and tuition. **£250**

D: Friday - Monday

Arriving: Friday 17th pm, Leaving: Monday 20th am
Includes all meals, accommodation and tuition. **£275**

E: Day Visitor & Gala

You can attend on a day only, basis, including lunch, dinner and the gala presentation. **£75**

F: Day Visitor

You can attend on a day only, basis, including lunch. **£60**

G: Gala Only

If you only want to come to the gala show the cost is **£15**

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.
(Bank info sent on request.)

Overseas Visitors

Those attending from overseas are eligible for a 10% discount towards travel costs if they book prior to March 1st and pay in full by 30th May.

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, downloadable copies of which can be found on our website at: www.taichicalledonia.com/booking.html

Booking FORM

A4 sized booking forms can be downloaded from our website at <http://www.taichicalledonia.com/booking/>

Name: _____
Address: _____
City: _____ Postcode: _____
Region: _____ Country: _____
Email: _____
Website: _____ Tel: _____
Mobile: _____ Gender: _____ Age: _____
(gender & age information will help us to accommodate you with similar people)

PERIOD ATTENDING (please tick appropriate box)

A: Full Week £550 B: Mon. - Friday £350
C: Fri. - Sunday £250 D: Fri. - Monday £275
E: Day & Gala £75 F: Day only £60
(please specify which day(s))
G: Gala only £15

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 A & B.

Choice A: _____

Choice B: _____

Special Dietary Needs: _____

Quiet Room Please: Yes: No:

I'd like to share a chalet house with: _____

I'd like to share a double room with: _____

25% Deposit Enclosed = : _____

- SPECIAL BOOKING ADVICE -

For the past year we have been advising people of the special plans we are preparing to celebrate this 20th Tai Chi Caledonia and because of the reaction we've experienced we are certain to have many more people attending. We have booked additional accommodation with chalet houses similar to those in Spittal Campus in another part of the campus. In the interest of fairness we will give priority booking to those who book first, and to those who stay for the full week. That being said we will, as always, ensure that those who join us will enjoy their stay!

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 17 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 17 incurs a 15% surcharge.

www.taichicalledonia.com

20 years

20 years

your instructors, your weekend and Monday - Thursday programmes

20 years

For this joint celebration of 20 years promoting tai chi, qigong and other Chinese Internal Arts we have brought together many of the best known instructors who are all actively teaching in Europe. We offer a range of disciplines that allow practitioners of all levels to increase their knowledge in a spirit of openness and sharing. **The weekend programme is listed in a progressive order, from A-E** providing practical workshops for everyone from complete beginner to adept. We hope that this will allow you to choose which category best suits your level of experience. However, whether you're just beginning, been learning for some years, or teaching you will find material to improve, enhance or develop your current skills. A approximate guideline **A = Qigong, B = Tai Chi forms and basics, C = Basic Partnerwork Push Hands, D = More Advanced Push Hands & Other Internal Arts, E = Martial Applications.** **The week-long programme offers a chance to study more in-depth, over a period of 10 hours, with two different teachers.**

We will be featuring talks and discussions involving many of Europe's key instructors. There will also be a number of special additional events and surprises including our special gala show at the University's MacRobert Arts Centre Theatre where you will have a unique opportunity of experiencing exceptional demonstrations, music, theatre and arts. **The Gala evening will take place on Saturday 18th July 2015.**

Week Instructors



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. www.associazionepmc.it



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



Tomasz Nowakowski, originally from the Czech Republic, is based in London, where he holds his Tai Chi school in addition to regularly running workshops in different countries. He is the author of "Shapes of Balance" system, and Co-Founder of the Prague International Push Hands Meeting. www.taichi-goldenhill.info



Margherita Padalino has been practising Taijiquan since 1996 with Gianfranco Pace where she is a senior member of their school's (ITKA) Technical Committee. She has been researching Taijiquan's tradition, the internal/energetical work of Qi Gong, and Taijiquan's Self Defence aspects. www.itkatalji.com



Frédéric 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>



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 has authored several articles on Taijiquan for books and magazines and is a founding member of the Chen-Style Taijiquan Network Germany. 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 in Austria. www.qi-zentrum.at



Judith van Drooge has trained with great pleasure and devotion in Tai Chi Chuan Yang-style since 1999. She is an all-round practitioner who has successfully competed in Dutch, European and World competitions gaining gold, silver and bronze medals in a range of categories. www.inner-touch.nl



Faye Li Yip was born to a traditional Chinese Martial Arts family in Beijing and has since the age of 7 studied Shaolin, Xingyi, Bagua & Taiji under her father, Professor Li Deyin. She has taught in the UK since 1990 producing many medal winners. She is the President of the British Health Qigong Association and a recognised international speaker on Ancient Wisdom and Chinese Philosophy by the World Economic Forum. www.deyin-taiji.com/

Instructor's biographies have been edited to fit the limited space in this programme. Fuller biographies for all instructors can be found on our website.

- Weekend Taster Workshops -

SATURDAY

10.00 - 10.45
Wudang Hui Chun Qigong
- Franziska Rüscher
10.50 - 11.35
Taiji Qigong - new 3rd Set
- Helmut Oberlack
11.45 - 12.30
Circle Qigong
- Hans Finne
14.00 - 14.45
Qigong for Stress Prevention
- Tina Faulkner
15.00 - 15.45
5 Animals Qigong
- Margherita Padalino
16.00 - 16.45
Yang Sheng Gong
- Faye Yip

SUNDAY

10.00 - 10.45
Health Qigong
- Tary Yip
10.50 - 11.35
Universe Qigong
- Roberto Benetti
11.45 - 12.30
8 Tai Chi Breaths Qigong
- Emma North
14.00 - 14.45
Qigong for Stress Relief
- Tina Faulkner
15.00 - 15.45
5 Animals Qigong
- Margherita Padalino
16.00 - 16.45
Taiji Qigong - new 3rd Set
- Helmut Oberlack

SATURDAY

10.00 - 10.45
Nine Small Havens Form
- Tomasz Nowakowski
10.50 - 11.35
Silk Reeling Exercises
- Giovambattista Scavo
11.45 - 12.30
Taiji Zhan Zhuang
- Faye Yip
14.00 - 14.45
Fundamentals of Taijiquan
- Nabil Ranné
15.00 - 15.45
Wudang 18 Step Form
- Bob Lowey
16.00 - 16.45
Body Mechanics
- Ceciel Kroes

SUNDAY

10.00 - 10.45
Qigong Partnerwork
- Franziska Rüscher
10.50 - 11.35
The Wonder of Warm-Up
- Emma North
11.45 - 12.30
Taiji Zhan Zhuang
- Faye Yip
14.00 - 14.45
Neigong
- Tomasz Nowakowski
15.00 - 15.45
Balance in Push Hands
- Roberto Benetti
16.00 - 16.45
Body Mechanics
- Ceciel Kroes

SATURDAY

10.00 - 10.45
What Are You Pushing For?
- Paul Silfverstrale
10.50 - 11.35
Balance in Push Hands
- Roberto Benetti
11.45 - 12.30
Da Lui
- Ronnie Robinson
14.00 - 14.45
Fun in Push Hands
- Emma North
15.00 - 15.45
Tai Chi Principles
- Barry McGinlay
16.00 - 16.45
Basics in Push Hands
- Judith van Drooge

SUNDAY

10.00 - 10.45
Investigating Push Hands
- Barry McGinlay
10.50 - 11.35
Developing Push Hands
- Judith van Drooge
11.45 - 12.30
Moving Step Push Hands
- Ben Morris
14.00 - 14.45
Body Mechanics
- Ceciel Kroes
15.00 - 15.45
Two-Person San Shou Form
- Emma North
16.00 - 16.45
Staying Firm in Push Hands
- Judith van Drooge

SATURDAY

10.00 - 10.45
Xingyiquan
- Tary Yip
10.50 - 11.35
Taiji Fan
- Faye Yip
11.45 - 12.30
Bagua Circle Walking
- Ben Morris
14.00 - 14.45
From Tuishou - Sword Fencing
Frédéric Plewniak
15.00 - 15.45
Bagua Partnerwork
- Luigi Zanini
16.00 - 16.45
Tui Shou - Da Shou
- Paul Silfverstrale

SUNDAY

10.00 - 10.45
Neigong for Fajing
- Luigi Zanini
10.50 - 11.35
Bagua Circle Walking
- Ben Morris
11.45 - 12.30
Free Step Push Hands
- Margherita Padalino
14.00 - 14.45
Tui Shou - Da Shou
- Paul Silfverstrale
15.00 - 15.45
Xingyiquan
- Tary Yip
16.00 - 16.45
Tai Chi Chin Na
- Barry McGinlay

SATURDAY

10.00 - 10.45
Tai Chi Applications
- Nabil Ranné
10.50 - 11.35
Explosive Force
- Gianfranco Pace
11.45 - 12.30
Neigong for Fa Jing
- Luigi Zanini
14.00 - 14.45
Tai Chi Boxing
- Nils Klug
15.00 - 15.45
Basics of Taiji Self Defence
- Giovambattista Scavo
16.00 - 16.45
Tai Chi Fight Training
- Gianfranco Pace

SUNDAY

10.00 - 10.45
Tai Chi Applications
- Luigi Zanini
10.50 - 11.35
Basics of Taiji Self Defence
- Giovambattista Scavo
11.45 - 12.30
From Tuishou - Sword Fencing
Frédéric Plewniak
14.00 - 14.45
Tai Chi Applications
- Nabil Ranné
15.00 - 15.45
Competition Push Hands
- Ben Morris
16.00 - 16.45
Tai Chi Fight Training
- Gianfranco Pace

Special Guest Instructors



Dan Docherty



Hans Finne



Nils Klug



Bob Lowey



Tina Faulkner



Cornelia Gruber



Ceciel Kroes



Ben Morris



Emma North



Wang Ning



Gianfranco Pace



Paul Silfverstrale



Tary Yip

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



A1

Heaven, Earth, Man - Barry McGinlay

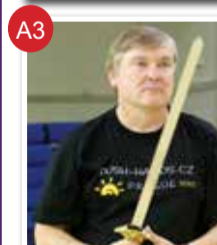
During the week our aim is to reinforce your practice by bringing together your tai chi form, qigong and pushing hands, we will look at how they interweave and compliment each other allowing a deeper understanding and study of your tai chi. The sessions will be challenging and have an emphasis on solo, partner and group work. **So whether you are a beginner or an old-hat at tai chi you will come away with a fresh look at Tai Chi.**



A2

Qigong and Healing - Franziska Rüscher

When Qi flows unobstructed through our body, our emotions and our mind, a stream of healing energy arises which we can apply to self-healing. We will use elements from Wudang Hui Chun Qigong to develop this skill, applying basic exercises to develop our personal Qi. We'll share qigong partnerwork for training energy-awareness and special breathing techniques to release negative Qi and help to open the Greater Heavenly Cycle. Yin/Yang and the Five Elements are the domains to develop our healing power. **Accessible to all.**



A3

13 Step Tai Chi Form - Tomasz Nowakowski

The 13 Step Tai Chi Form includes the basics for the study, of all aspects of tai chi such as timing, balance, structure and movement awareness in forms and practice research and applications. In these sessions will work on both solo and partner routines to develop a deeper sense of good tai chi practice. One to one lessons for participants - advice to personal practice.

The workshop is open for beginners as well as advanced.



A4

Relaxation in Taijiquan - Margherita Padalino

Relaxation is an essential basic principle for correct Taiji practice. Over the course of the week, by means of solo and partner work (Tui Shou and Conditioning exercises) we will work to develop deeper experience of this fundamental principle. **Accessible to all.**



B1

Tuina (Chinese Massage) - Roberto Benetti

Tuina is a perfect complement to those who train in Martial Arts or have an interest in massage. We'll 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.



B2

Seated 12 Pieces of Brocade Qigong - Faye Li Yip

From the ancient traditional sitting Dao Yin Exercises, these first appeared in Shou Shi Chuan Zhen edited by Xu Wenbi in the period of Qianlong in the Qing Dynasty. Recently modernised and refined by the Health Qigong Research Team of Beijing Sports University, the set combines traditional Daoist meditation, massage, Daoyin stretching, and exercises for the meridians, facial area, head, shoulders, chest, back, waist and lower limbs. Participants should bring a cushion a mat, towel, or a low chair/stool for this workshop. **Accessible to all.**



B3

Don't Talk, Do It - Pushing Hands - Judith van Drooge

Keep it simple easy and comfortable, filling up the shape. Let the energy flow, when your heart knows, let the body follow. Is the body loose, soft enough to gain the speed you need. Is what you do practical? When it works continue otherwise find another way.

Open for all levels. Come and move with me



B4

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.



B5

An Introduction to Taiji Sword Fencing - Frédéric Plewniak

We will enjoy safely-structured, gentle contact drills and games to explore how the principles of Taiji may apply to sword fencing. This workshop will primarily focus on blade perceptiveness.

Accessible to any Taiji sword practitioner, irrespective of level or style.

RECEIVING UPDATES

As this programme is prepared more than six months in advance we will be adding extra features and updates to our published programme regularly. The programme is also subject to change if something unforeseen were to occur. The easiest way of receiving regular updates would be to 'like' us on Facebook or make regular visits to our website. We will of course notify you of any serious changes by email or letter.

facebook

