

TAI CHI INTENSIVE

23rd July - 26th

July 2010

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Cheng Man Ching - the legacy
35th Anniversary of
the death of
Prof. Cheng Man Ching

Friday

9.00-12.00pm The structure of Cheng Man Ching tai chi, compared to other styles
The same but different.....
12.00-1.00pm Lunch
1.00-3.00pm The Structure of CMC TC continued
3.00-3.30pm Break
3.30-6.00pm Structure to create Flow – tai chi bums’ n’tums –tuck it in or let it all hang out?

Saturday

9.00-12.00pm Yang style Qigong (chi-kung)
12.00-1.00pm Lunch
1.00-3.00pm Its all in the transition – linking it together, filling in the holes
3.00-3.30pm Break
3.30-6.00pm Corrections I never knew I needed! – We do have two hands.....

Sunday

9.00-12.00pm Application is a principle not a technique – flow like a river and what to do with the rocks
12.00-1.00pm Lunch
1.00-3.00pm Getting the measure of your form – space, distance, connection.
3.00-3.30pm Break
3.30-6.00pm Exploring reaction and response – creating time to choose

Monday

9.00-12.00pm Sword play – form, function and flow - NEVER STOP
12.00-1.00pm Lunch
1.00-3.00pm Putting it all together
3.00-3.30pm Break
3.30-6.00pm Cheng Man Ching’s 8 exercises for health (chi-kung)

Prof. Cheng would have been 108 years of age on 19th July 2010. This years focus will be on **Gettin’ the TRUE measure of it all** as this has been the most requested across the classes; understanding correct form movement to truly apply form and function. We will work on not just the shape of the postures but the underlying function. We will look at the tai chi classics and apply them to whole body movement, intrinsic strength, kinetic and potential energy, spatial awareness, agility and mindfulness. The weekend is open to all levels and will give everyone a chance to deepen their knowledge and love for the art of tai chi chuan

Price for the weekend:

training & Lunch	whole 4 days	£200 members & £250 non members
	3 days	£165 or 200
	2 days	£120 or 145
	1 day	£65 or £85 non members

Early payment discount of 10% can be applied, for payments before 31st March



Please give payment to your instructor. Cheques payable to ‘Kai Ming Martial Arts Association’
or post to:

Mark Peters - Blue Skies, Ash Lane, Hopwood. B48 7TS. tel: 0121 445 0093 • markpeters@kaiming.co.uk

Name: _____ No. of places _____

Vegetarian _____ Any other special dietary needs _____

Day(s) attending _____ deposit/full payment paid _____

Address: _____

e-mail _____ Tel: _____



TAI CHI RESIDENTIAL France

10th - 12th Sept. 2010

Kwai Taijiquan
Rare opportunity to learn the
Yang style fast tai chi form

Friday

2.00-3.30pm background to kwai taiji and begin 1st section
3.30-3.45pm Break
3.45-5.30pm Continue 1st section and application
5.30-5.45pm Break
5.45-7.00pm Complete 1st section

Saturday

8.00-9.00pm Qigong (chi-kung)
9.00-10.00pm Breakfast
10.00-12.00pm 2nd Section
12.00-2.00pm Lunch
2.00-6.00pm 2nd Section continued, plus application

Sunday

8.00-9.00pm Qigong (chi-kung)
9.00-10.00pm Breakfast
10.00-12.00pm 3rd Section
12.00-2.00pm Lunch
2.00-4.00pm 3rd Section continued, plus application
4.00-6.00pm pulling it all together - reviewing how the fast form fits in with your tai chi development

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Kwai Taiji (fast tai chi) is a traditional aspect of Yang style tai chi chuan, as originally taught by Yang Chen Fu. The Dong family and Wu family and Chen family openly practice and teach their fast sets but the Yang fast set has been mostly lost now. I was first introduced to this form by, my then teacher, Nigel Sutton. Nigel introduced me to Master Liang He Qing initially in Malaysia and again when Master Liang came to stay with us in the UK. Master Liang learnt the fast set from Yang Ching Feng who in turn learnt it from his teacher Liu Jian Chuan. Liu Jian Chuan had trained directly with Yang Cheng Fu in Shanghai.

The set emphasises the use of Hen-Ha breathing, Chin-Na, Chansi-jing and Fa-jing

Price for the weekend:
training & Lunch: 3 days £165 members or £200 non members

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