

Map showing location of Rosstown

Seminar Schedule

Fri 18th	Sat 19th	Sun 20th	Mon 21st
	10.00am -	10.00am -	10.00am -
	1.00pm	1.00pm	1.00pm
	Silk Reeling	Laojia	Laojia
	Lunch	Lunch	Lunch
1.00pm -	2.30pm -	2.30pm -	2.30pm -
4.00pm	5.30pm	5.30pm	5.30pm
Healing Sounds	19 Step	Push Hands	Laojia
6.00pm -	Register before 1st June 2010 to avail of discount		
7.30pm			
Standing			

Profile of Grand Master Chen Xiao Wang



Grand Master Chen Xiao Wang is both heir and head of the original style of Chen Taiji Quan, being the 19th generation successor to the oldest school in the world. He is one of the current top masters today.

Chen Xiao Wang was born in 1946 and from a very young age was inspired by his ancestors and grandfather Chen Fa Ke, considered to have been the greatest Taiji Master at the beginning of this century. He undertook a rigorous training discipline to master and be the standard bearer of the family art. He subsequently won China's National Tournament three times consecutively, in 1980, '81 and '82. He was crowned All China Grand Champion at the first International Open Tournament in Xian in 1985. He is a member of the National Umpiring Commission and is technical advisor to the National Federation of Taiji Quan since 1985. He is also the national coach of China since his appointment in 1988. He has trained over three thousand students, many of whom have won at national and international levels.

Chen Xiao Wang is not just a great champion and practitioner of Taiji, his teaching skills are as excellent as his performance. Complicated movements and principles are transmitted to the students with great ease. His eye for detail is tremendous, no fault escapes him. He speaks English, although his body language of deep breathing, calmness and easy movement makes words dispensable. To him, all styles of Taiji, whether Yang, Wu, Sun, Wuu or Chen, share the same fundamental principles, which he teaches throughout his seminars around the world.


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Taiji Quan

Grand Master Chen Xiao Wang



14th Annual Seminar
18th June – 21st June 2010

Friary Hall,
 Rosstown,
 Co. Donegal, Ireland





Healing Sounds Qigong

Friday 18th June
1.00pm - 4.00pm

This ancient set of exercise uses a combination of movement & their associated sound vibrations to specifically activate & rejuvenate internal organs so as to purposefully circulate Qi energy to improve the whole body. The seminar will introduce & teach participants 3 of the complete set of 6

This seminar is suitable for all.

Standing Qigong

Friday 18th June
6.00pm - 7.30pm

Participants will initially be taught how to practice Standing Qigong in order to improve calmness and open the Qi channels to and from the Dantian centre to develop internal energy.

This is a 1½ hour seminar solely covering standing Qigong practice. It will be strictly limited to a small number in order to enable a quality experience.

The seminar aims to assist those who engage in daily practice but is open to encourage all students to develop. (Another session may therefore be scheduled earlier to accommodate such demand).

This seminar is suitable for all.

Chan Si Gong Silk Reeling Energy

Saturday 19th June
10.00am - 1.00pm

Chan Si Gong Silk Reeling Energy is considered to be the alphabet of Taiji. It enables both knowledge and progress in Taiji to be realised. Chan Si Gong develops inner strength through the circulation of our Qi.

Like the unreeling of the delicate silk thread from its cocoon, Qi circulation must be smooth and unbroken.

Understanding the Qi path within our bodies combined with correct postures together are vital to the proper practice of Taiji.

The importance of this concept and the correct postures will be explained and shown demonstrating how to get the Qi circulating smoothly.



This seminar is suitable for all.

19 Step Chen Taiji Short Form

Saturday 19th June
2.30pm - 5.30pm

This short form was created by Grand Master Chen Xiao Wang and offers an introductory form for practitioners at all levels and of other styles. Great care has been taken to ensure that all the major features of the Chen Style Taiji are incorporated.

Push Hands

Sunday 20th June
2.30pm - 5.30pm

In the Taiji form, we learn about ourselves and our own strength. Through pushing hands we learn about our opponent and how to control the situation. This seminar aims to cultivate both self-awareness with sensitivity to respond and reflect a persons strength accordingly through the practise of Pushing Hands.

This seminar is suitable for all.



Yi Lu Laojia Chen Taiji Long Form

Sunday 20th June
10.00am - 1.00pm

Monday 21st June
10.00am - 1.00pm
2.30pm - 5.30pm

Yi Lu Laojia is the original Taiji Long Form as practiced in the Chenjiagou Village. All of today's major styles can trace their origin to this old form which is not just a series of movements but a methodical way in which to learn the Taiji principles and techniques: Sinking and concentrating the Qi in the Dantian; how to mobilise Qi for use; the balance between hard, soft, fast and slow movements. These cannot be learnt from books, videos or discussions but must be experienced through demonstration and instruction with a master. This is an opportunity to learn by seeing, listening and experiencing postural corrections with Grand Master Chen Xiao Wang.