

Map showing location of Rosstown

Seminar Schedule

Fri 17th	Sat 18th	Sun 19th	Mon 20th
	10.00am - 1.00pm	10.00am - 1.00pm	10.00am - 1.00pm
	Silk Reeling	Laojia	Push Hands
	Lunch		
1.30pm - 4.30pm	2.30pm - 5.30pm	2.30pm - 5.30pm	2.30pm - 5.30pm
Healing Sounds	19 Step	Laojia	WCTA Instructor Assessment
6.00pm - 9.00pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Register with early payment by 17th May 2011 to avail of discount price </div>		
Standing & Corrections			

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, Wu or Chen, share the same fundamental principles, which he teaches throughout his seminars around the world.

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Taiji Quan

WCTAI present their 15th Annual Seminar with
Grand Master Chen Xiao Wang



17th - 20th June 2011

Venue
 Franciscan Friary Hall
 Centre for Peace & Reconciliation
 Rosstownlagh, Co. Donegal, Ireland





Healing Sounds Qigong

Friday 17th June
1.30pm - 4.30pm

This ancient set of exercise uses a combination of movement with associated sound vibrations to activate internal organs by purposefully circulating Qi energy. The seminar will revise last year & complete teaching of the complete set.

Standing Qigong & Posture/Movement Corrections

Friday 17th June
6.00pm - 9.00pm

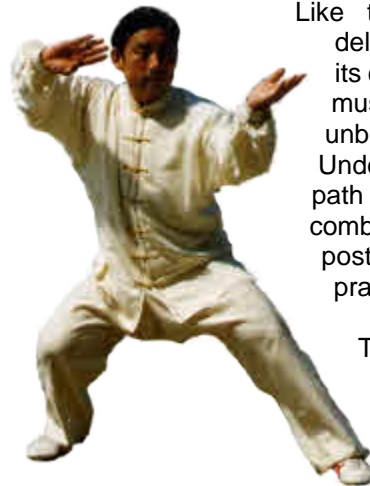
Participants will be taught how to practice Standing Qigong to improve calmness and open the Qi channels to and from the Dantian centre to develop internal energy.

Following the Standing Qigong instruction and correction, participants will be able to take up a Taiji posture or select a movement (regardless of style) for individual correction as preferred and experience the unblocking of their Qi circulation.

Chan Si Gong Silk Reeling Energy

Saturday 18th 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 Qi circulation.



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

Understanding the Qi path within our bodies combined with correct posture is vital to the practice of Taijiquan.

The Chan Si Gong seminar will explain & demonstrate how Qi may smoothly circulate.

19 Step Chen Taiji Short Form

Saturday 18th 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.

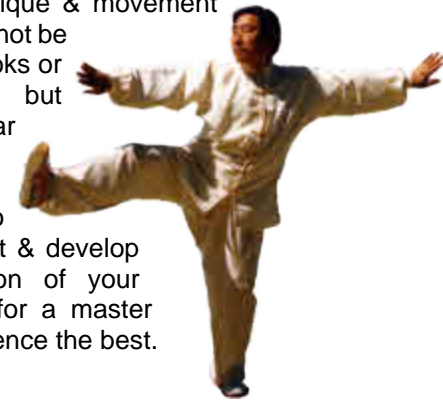
**Seminars are suitable for
practitioners of all styles & abilities**

Yi Lu Laojia Chen Taiji Long Form

Sunday 19th June
10.00am - 1.00pm
2.30pm - 5.30pm

Chen Taijiquan is the oldest style practiced today and is widely acknowledged to be the ancestor of all other styles. Chen Taijiquan (T'ai Chi Ch'uan) first developed this 75 Movement Hand Form which is well known today as Yi Lu Laojia. It is characterized by whole-body twining & coiling movements with occasional explosive releases of power. It is an ancient form which fully encompasses the Tai Chi principles. Laojia is a methodical way in which to learn both the principles & techniques of Taijiquan.

Refining technique & movement transitions cannot be learnt from books or DVDs alone but requires regular practice and instruction with a teacher who can both direct & develop the progression of your skill. Join us for a master class & experience the best.



Push Hands

Monday 20th June
10.00am - 1.00pm

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.