

## HOW TO REGISTER FOR SEMINARS

- 1) Tick the boxes of seminars that you wish to attend.
- 2) Send **FULL PAYMENT** by return to secure **DISCOUNT**  
OR  
Send a **DEPOSIT** to show commitment to attending a particular seminar on the programme outlined.  
**N.B. BALANCE MUST BE PAID IN ADVANCE** of the seminar programme.
- 3) Please enclose payment with the completed registration slip making all payments to:  
"Chen Xiao Wang Association"  
Send completed registrations and payment to:  
**W.C.T.A.I., Gill Keogh, Laheen Drive, Rosstown, Co. Donegal, Ireland.**
- 4) **ALL OUTSTANDING COSTS MUST BE PAID BY CASH ON THE DOOR** (as there will be no time to cash cheques).

Each 3 hour seminar is €50.00  
or €40 if paid in full before 8th Oct 2009

Hours	Early Payment	Late Payment
3	€40	€50
6	€80	€100
9	€120	€150
12	€160	€200
15	€200	€250
18	€240	€300
21	€280	€350
24	€320	€400

### Payment on Arrival:

The cost of each 3 hour seminar block will be  
**€50 - CASH ONLY ON THE DOOR.**

## ACCOMMODATION

The cost of accommodation should be paid on arrival at whichever amenity you are staying (Lough Melvin Hostel, Bed & Breakfast or the Carlton Hotel)  
Please ask for details if required ASAP as places are limited.

## Chen Ying Jun

**Chen Ying Jun is a 20th Generation successor to the oldest taiji school in the world.**

Chen Yingjun is the second son of Grandmaster Chen Xiao Wang who is the heir and head of the original style of Chen taiji. Chen Ying Jun's taiji training started at the early age of two under the guidance of his father and uncle.

We are fortunate to have him travel across the world to share his knowledge with us.



## FURTHER DETAILS

**Gill Keogh, W.C.T.A.I. (Ireland)**  
The Corner House, Laheen Drive,  
Rosstown, Co. Donegal, Ireland

**Tel/Fax: 071-9852374 • www.chenireland.com**

**chenireland@yahoo.co.uk**

# Taiji Quan

Chen Ying Jun

**23rd to 26th October 2009**

Gillaroo Centre,  
Garrison, Co. Fermanagh, N.I.

## Seminar Schedule

Fri 23rd	Sat 24th	Sun 25th	Mon 26th
	10.00am -1.00pm	10.00am -1.00pm	10.00am -1.00pm
	<b>19 Step</b>	<b>Spear</b>	<b>Sword</b>
	Lunch	Lunch	Lunch
1.30pm -4.30pm	2.30pm -5.30pm	2.30pm -5.30pm	2.30pm -5.30pm
<b>Sabre</b>	<b>Push Hands</b>	<b>Spear</b>	<b>Laojia</b>
6.00pm -9.00pm	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Register before 8th Oct 2009</b> to avail of discount                 </div>		
<b>Laojia</b>			

### Sabre

Friday 23rd 1.30pm - 4.30pm

This weapon form will enable participants to clarify the general movements and refine the coiling, spiralling aspects, which are central in Chen Style Taiji.

### Yi Lu Laojia

Friday 23rd 6.00pm - 9.00pm  
Monday 26th 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. The form is not just a series of movements but a methodical way in which to learn the Taiji principles and techniques. How to sink and concentrate the Qi in the Dantian. How to mobilise for use, the balance between hard and soft, fast and slow movements.

### 19 Step

Saturday 24th 10.00am - 1.00pm

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 Chen Style Taiji are incorporated.

### Tui Shou / Push Hands

Saturday 24th 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 person's strength accordingly through the practise of Pushing Hands.

*The seminar is suitable for all.*

### Spear

Sunday 25th 10.00am - 1.00pm  
2.30pm - 5.30pm

Chen-style Taiji Spear combines the characteristics of both the spear and the staff. The routine of this spear is well knitted and cohesive with special features. The main movements are pierce, strike, swing, tilt, thrust, coil and point.

*Spears will be available for loan or purchase*

### Taiji Single Sword

Monday 26th 10.00am - 1.00pm

The sword form demonstrates a wide range of sword techniques that are performed in combination with the body and footwork of taiji boxing. Spiral strength is applied to integrate both hard and soft movements that characterise all Chen style taiji.

## REGISTRATION FORM

(to be returned)

Name \_\_\_\_\_

Address \_\_\_\_\_

Tel: \_\_\_\_\_

E-mail \_\_\_\_\_

#### FRIDAY 23rd October

Sabre 3 hours   
Laojia Form 3 hours

#### SATURDAY 24th October

19 Step 3 hours   
Push Hands 3 hours

#### SUNDAY 25th October

Spear 3 hours   
Spear 3 hours

#### MONDAY 26th October

Sword 3 hours   
Laojia Form 3 hours

#### Accommodation

Please tick days you require accommodation

Thur	Fri	
<input type="checkbox"/>	<input type="checkbox"/>	
Sat	Sun	Mon
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL HOURS

AMOUNT DUE

Deposit

Balance due

I enclose total payment of € \_\_\_\_\_  
made payable to: Chen Xiao Wang Association.