

太極拳



Taiji Quan

with Chen Ying Jun

Friary Hall
Rosnowlagh
Co Donegal, Ireland



28th - 31st Oct 2011



Chen Ying Jun

Chen Ying Jun is a 20th Generation successor of the Chen family & style of Taiji Quan which is the oldest Taiji School in the world. He is Grandmaster Chen Xiao Wang's second son & started training at the early age of two under both the guidance of his father & uncle. He continues to train hard to attain his best & is increasingly sought as an instructor around the world. We continue to be most fortunate having him travel here to share his knowledge with us.



FURTHER DETAILS

Gill Keogh, W.C.T.A.I. (Ireland)
The Corner House, Laheen Drive,
Rosnowlagh, Co. Donegal, Ireland
Tel/Fax: 071-9852374 • www.chenireland.com
chenireland@yahoo.co.uk

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 by Fri 7th Oct 2011.
- 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, Rosnowlagh, Co. Donegal, Ireland.
- 4) All outstanding costs must be paid in advance or settled as a late payment in cash on the door (as there will be no time to cash cheques).

Accommodation at La Verna Retreat House

The cost of accommodation at The Friary's own facility is €25 per person sharing a twin ensuite room (or €30 per person for SOLE occupancy - if there are enough rooms available). Priority will be given to those who are staying for the whole weekend & to the order of enquiry so please contact me on 071 98 52374 ASAP.
There are also B&B facilities & The Sandhouse Hotel nearby.

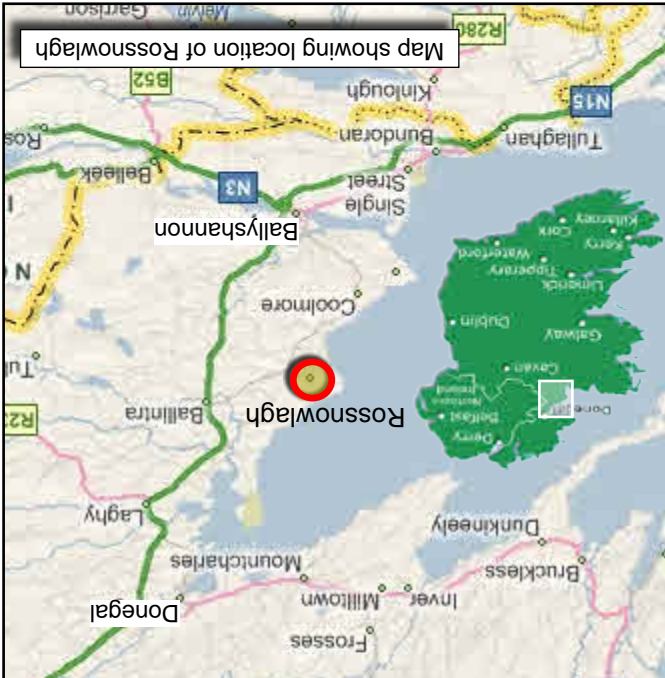
Each 3 hour seminar is €50.00
or €40 if paid in full before 7th Oct 2011

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.



Map showing location of Rosnowlagh

Seminar Schedule

Fri 28th	Sat 29th	Sun 30th	Mon 31st
	10.00am - 1.00pm Standing Qigong & Silk Reeling	10.00am - 1.00pm Laojia	10.00am - 1.00pm Sword
	Lunch	Lunch	Lunch
1.30pm - 4.30pm Sabre	2.30pm - 5.30pm 19 Step	2.30pm - 5.30pm Laojia	2.30pm - 5.30pm Spear
6.00pm - 9.00pm Push Hands	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Register before 7th Oct 2011 to avail of discount </div>		

Standing Qigong & Silk Reeling

Chen Ying Jun will initially teach participants 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.

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.

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

Laojia Yi Lu

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.

Taiji Sword

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.

Spear

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

Sabre

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

Tui Shou / Push Hands

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.

19 Step

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.

FRIDAY 28th October	
Sabre	3 hours <input type="checkbox"/>
Push Hands	3 hours <input type="checkbox"/>
SATURDAY 29th October	
Standing & Silk Reeling	3 hours <input type="checkbox"/>
19 Step	3 hours <input type="checkbox"/>
SUNDAY 30th October	
Laojia	3 hours <input type="checkbox"/>
Laojia	3 hours <input type="checkbox"/>
MONDAY 31st October	
Sword	3 hours <input type="checkbox"/>
Spear	3 hours <input type="checkbox"/>
Total Hours	<input style="width: 50px;" type="text"/>
Amount Due	<input style="width: 50px;" type="text"/>
Deposit	<input style="width: 50px;" type="text"/>
Balance Due	<input style="width: 50px;" type="text"/>

REGISTRATION FORM

(to be returned)

Name

Address

Tel:

E-mail

Lunch, Supper & Accommodation

Please tick the days you require Lunch, Supper & Accommodation

	Thur	Fri	Sat	Sun	Mon
Lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Supper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accomm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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