

Taijiquan & Qigong Classes – Winter 2010

Cost of classes: The 1st class that you attend is charged at full rate; the cost of any additional class is only 50% of the course fee.

N.B.: You can try out any taiji hand/weapon class or qigong class for £5.

Half-term: No classes during the week of 25th-29th October.

The Abbey Community Association: 34 Great Smith Street, SW1.

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Int. & Adv.	Yang 24-Step	Tuesday	14 th Sept.	7 th Dec.	12	12.05-1.00pm	£120
Beginners	Yang 24-Step	Tuesday	14 th Sept.	7 th Dec.	1+11	1.05-2.00pm	£5/£115
Taiji & Qigong: over-50s	Yang 16-Step	Monday	13 th Sept.	6 th Dec.	12	2.45-3.45pm	N/A
Taiji & Qigong: over-50s	Yang 10-Step	Tuesday	14 th Sept.	7 th Dec.	12	2.45-3.45pm	N/A

Crisis Skylight: 66 Commercial Street, London E1. (Between Fashion Street & Lolesworth Close)

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Qigong (all levels): (See page 2 for details)		Thursday	16 th Sept.	9 th Dec.	1+11	12.05-1.00pm	£5/£115
All levels	Yang 88-Step Form	Thursday	16 th Sept.	9 th Dec.	12	1.05-2.00pm	£120

The Drill Hall: 16 Chenies Street, London WC1E 7EX.

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Beginners	Yang 24-Step	Monday	13 th Sept.	6 th Dec.	12	6.05-7.00pm	£120
Intermediate/Advanced (SEE NOTES BELOW)	Yang 24-Step		13 th Sept.	6 th Dec.	12	6.05-8.00pm	£180
Qigong (all levels): (See page 2 for details)			13 th Sept.	6 th Dec.	12	8.05-9.00pm	£120
**** Please note new classes & class times on Tuesdays ****							
All levels	42-Step Sword	Tuesday	14 th Sept.	7 th Dec.	12	6.05-7.00pm	£120
All levels	Du Lian (San Shou) Pushing Hands		14 th Sept.	7 th Dec.	12	7.05-8.00pm	£120
All levels	42 Hand Form		14 th Sept.	7 th Dec.	12	8.05-9.00pm	£120

East Finchley Methodist Church: 197 High Road, London N2 8AJ.

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Beginner/Intermediate	16-Step	Wednesday	15 th Sept.	8 th Dec.	12	1.05-2.00pm	£120

Sevenoaks: The Bradbourne School, Bradbourne Vale Road. (Thurs). St. Luke's Church Hall, Eardley Road. (Fri).

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Beg.: 1 st class & Course	24-Step (part 1)	Thursday	16 th Sept.	9 th Dec.	1+11	6.35-7.30pm	£120
Intermediate/Advanced	24-Step (part 2)	Thursday	16 th Sept.	9 th Dec.	12	7.35-8.30pm	£120
All Levels	42-Step Sword	Thursday	16 th Sept.	9 th Dec.	12	8.35-9.30pm	£120
Taiji & Qigong: over-50s	10-Step	Friday	17 th Sept.	10 th Dec.	12	12.05-1.00pm	£120
All levels	Sun Style Tai Chi	Friday	17 th Sept.	10 th Dec.	12	1.05-2.00pm	£120

Longfield: The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Taiji & Qigong: 50s+ (Int.)	16-Step / Fan	Friday	17 th Sept.	10 th Dec.	12	9.15-10.10am	£120
Taiji & Qigong: 50s+ (Beg)	10-Step	Friday	17 th Sept.	10 th Dec.	12	10.15-11.10am	£120

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Notes on the Winter 2010 Classes

The Abbey Community Association: 34 Great Smith Street, SW1.

Standard	Form	Day/Time	Notes
Intermediate/Advanced	24-Step	Tues.12.05	The 2 nd half of the 24-Step Form, + more advanced techniques
Beginners	24-Step	Tues.1.05	The 1 st half of the Yang 24-Step Form
Taiji & Qigong: over-50s	16-Step	Mon.2.45	Qigong set; working on the Yang 16-Step Form; Walking Stick Form
Taiji & Qigong: over-50s	10-Step	Tues.2.45	Qigong set; working on the Yang 10-Step Form

Crisis Skylight: 66 Commercial Street, London E1. (Between Fashion Street & Lolesworth Close)

Standard	Form	Day/Time	Notes
Qigong (all levels)		Thurs. 12.05	All levels: Standing qigong (Zhan Zhuang); Dao Yin exercises (a new set of exercises); Yiquan
All levels	Yang 88-Step Form	Thurs.1.05	Using the 88 to teach taiji principles.

The Drill Hall: 16 Chenies Street, London WC1E 7EX.

Standard	Form	Day/Time	Notes
All levels but with beginners for the 1st hour.	Yang 24-Step	Mon. 6.05-8.00	N.B. CHANGES This is a 2 hour class, but you are welcome to arrive late if you like. The reason for the length of the class is that I've noticed that many of those of you who are more advanced would benefit from spending more time on the 1 st half of the Form, and because you usually don't arrive until the 7.05pm class, you don't get the opportunity to do this. So, the first hour will be devoted to the 1 st half of the Form, and the 2 nd hour to the 2 nd half. Beginners come for only the first hour.
Qigong (all levels)		Mon.8.05	All levels: Standing qigong (Zhan Zhuang); Dao Yin exercises (a new set of exercises); Yiquan
All levels	42-Step Sword	Tues.6.05	If you haven't done a sword form before, this is a good one with which to begin. We will be working on the 3 rd & 4 th sections, but this won't matter if you'd like to learn it.
All levels	Du Lian (San Shou) & Pushing Hands	Tues.7.05	I want to encourage as many as possible to come to this class. I've learnt that this is almost the only way to teach the <i>feeling</i> of the Form; I can explain a certain amount with words during the Form classes, but I've found that gentle 2-person exercises are much the best way to pick up the subtlety of the movements. **COME AND TRY THE FIRST CLASS**
All levels	42 Hand Form	Tues.8.05	The 42-Step Combined Competition Routine combines movements from Yang, Chen, Sun, and Wu styles of t'ai chi.

East Finchley Methodist Church: 197 High Road, London N2 8AJ.

Standard	Form	Day/Time	Notes
Beginner/Intermediate	16-Step	Wed.1.05	Yang 16-Step Form (the 1 st half for beginners; the 2 nd half for the others)

Sevenoaks: The Bradbourne School, Bradbourne Vale Road. (Thurs). St.Luke's Church Hall, Eardley Road. (Fri).

BRADB. - Standard	Form	Day/Time	Notes
Beginners	24-Step	Thurs.6.35	The 1 st half of the Yang 24-Step Form
Intermediate/Advanced	24-Step	Thurs.7.35	The 2 nd half of the Yang 24-Step Form.
All Levels	42-Step Sword	Thurs.8.35	From the beginning. Beginners are very welcome.
ST. LUKE - Standard	Form	Day/Time	Notes
Taiji/Qigong: over-50s	10-Step	Fri.12.05	Qigong exercises; Yang 10-Step Form from the beginning
All levels	Sun Style Taiji	Fri.1.05	A Sun style Form; this is very good for those with arthritis in the knees, and who therefore find it difficult to bend at the knees.

Longfield: The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.

Standard	Form	Day/Time	Notes
Taiji & Qigong: 50s+ (Int.)	16-Step/Fan	Fri. 9.15am	Qigong exercises; 16-Step Form; 18-Step Fan Form
Taiji & Qigong: 50s+ (Beg)	10-Step	Fri. 10.15am	Qigong exercises; 10-Step Form

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