

Taijiquan & Qigong Classes – Spring 2010

Method of charging: You can do the **10-Step, 16-Step or 24-Step Forms** for the price of one class, and can attend as many of these as you like. 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.

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

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Int. & Adv.	Yang 24-Step	Tuesday	12 th Jan.	15 th Mar.	10	12.05-1.00pm	£100
Beginners	Yang 24-Step	Tuesday	12 th Jan.	15 th Mar.	10	1.05-2.00pm	£100
Taiji & Qigong: over-50s	Yang 16-Step	Monday	11 th Jan.	14 th Mar.	10	2.45-3.45pm	N/A
Taiji & Qigong: over-50s	Yang 10-Step	Tuesday	12 th Jan.	15 th Mar.	10	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	14 th Jan.	18 th Mar.	10	12.05-1.00pm	£100
All levels	Yang 88-Step Form & Pushing Hands	Thursday	14 th Jan.	18 th Mar.	10	1.05-2.00pm	£100

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

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Beginner/Intermediate	Yang 16-Step	Monday	11 th Jan.	14 th Mar.	10	6.05-7.00pm	£100
All levels	Yang 24-Step	Monday	11 th Jan.	14 th Mar.	10	7.05-8.00pm	£100
Qigong (all levels): (See page 2 for details)		Monday	11 th Jan.	14 th Mar.	10	8.05-9.00pm	£100
Beginner	Yang 32-Sword	Tuesday	12 th Jan.	15 th Mar.	10	6.05-7.00pm	£100
Beginner	Walking Stick Form	Tuesday	12 th Jan.	15 th Mar.	10	7.05-8.00pm	£100
Beginner/Intermediate	42 Hand Form	Tuesday	12 th Jan.	15 th Mar.	10	8.05-9.00pm	£100
All levels	42-Competition Sword Routine	Wednesday	13 th Jan.	16 th Mar.	10	6.05-7.00pm	£100
All levels	San Shou & Pushing Hands	Wednesday	13 th Jan.	16 th Mar.	10	7.05-8.00pm	£100
Beginner/Intermediate	13 Principles Form	Wednesday	13 th Jan.	16 th Mar.	10	8.05-9.00pm	£100

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

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Beginner/Intermediate	16-Step	Wednesday	13 th Jan.	16 th Mar.	10	1.05-2.00pm	£100

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	14 th Jan.	18 th Mar.	10	6.35-7.30pm	£100
Intermediate/Advanced	24-Step (part 2)	Thursday	14 th Jan.	18 th Mar.	10	7.35-8.30pm	£100
All Levels	Yang Broadsword	Thursday	14 th Jan.	18 th Mar.	10	8.35-9.30pm	£100
Taiji & Qigong: over-50s	10-Step	Friday	15 th Jan.	19 th Mar.	10	12.05-1.00pm	£100
Beginner	13-Principles	Friday	15 th Jan.	19 th Mar.	10	1.05-2.00pm	£100

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	15 th Jan.	19 th Mar.	10	9.15-10.10am	£100
Taiji & Qigong: 50s+ (Beg)	10-Step	Friday	15 th Jan.	19 th Mar.	10	10.15-11.10am	£100

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Notes on the Spring 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 & Pushing Hands	Thurs.1.05	Using the 88 to teach taiji principles. Sometimes 15 minutes at the end spent on Pushing Hands techniques.

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

Standard	Form	Day/Time	Notes
Beginner & Intermediate	Yang 16-Step	Mon.6.05	Worth doing as a way of breaking the habits of the 24-Step Form!
Beginner & Intermediate	Yang 24-Step	Mon.7.05	1) 1 st half of the Yang 24-Step Form 2) 2 nd half of the Yang 24-Step Form
Qigong (all levels)		Mon.8.05	All levels: Standing qigong (Zhan Zhuang); Dao Yin exercises (a new set of exercises); Yiquan
Beginner	Yang 32-Sword	Tues.6.05	** NEW ** If you haven't done a sword form before, this is a good one with which to begin.
Beginner	Walking Stick	Tues.7.05	** NEW ** The only legal 'weapon'? A long umbrella will do also!
Beginner & Intermediate	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.
All levels	42-Sword	Wed.6.05	The 3 rd and 4 th sections; if you haven't done it before and would like to, you are welcome to join in.
All levels	San Shou & Pushing Hands	Wed.7.05	San Shou is the 2-Person taiji Form; it explains many of the applications of the movements within the taiji Forms. In Pushing Hands we will be looking at the 'feeling' of how and when to move when working with a partner. We will also look at how to sink your energy, and how to maintain your structure and balance. **COME AND TRY THE FIRST CLASS**
Beginner & Intermediate	13-Principles	Wed.8.05	From the beginning of the Form. This Form was specifically designed to teach the 8 energies and the 5 directions.

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	Broadsword	Thurs.8.35	** NEW ** A slow, short 18-Step Fan Form (unlike the 52-step one)
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
Beginners	13-Principles Form	Fri.1.05	** NEW ** This Form was specifically designed to teach the 8 energies and the 5 directions.

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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