

Tai Chi & Qigong Classes – Summer 2025

Monday 28th April– Monday 28th July

- Bank Holiday (no classes): Monday 5th May (additional Monday at end of term)

- HALF TERM: Monday 26th – Friday 30th May incl. -

Try any class for £5: This is deducted from the course fee if you go ahead with the course.

More than 1 class a week: Additional courses in the same week are charged at **50%** of the course fee.

BASIL JELICOE HALL: *Drummond Crescent, London NW1 1LE.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Wudang Taiji Sword	Beginner	Monday	28 th Apr.	28 th July	12	6.05-7.00pm	£192
Yang 24-Step Tai Chi Form	All levels		28 th Apr.	28 th July	12	7.05-8.00pm	£192
Qigong & Meditation	All levels		28 th Apr.	28 th July	12	8.05-9.00pm	£192
Wu Style Tai Chi	All levels	Tuesday	29 th Apr.	22 nd July	12	6.05-7.00pm	£192
42-Step Tai Chi Form *	All levels		29 th Apr.	22 nd July	12	7.05-8.00pm	£192
Push Hands/Applications/2-Person *	All levels		29 th Apr.	22 nd July	12	8.05-9.00pm	£192
Yang 10-Step Tai Chi	Beginners	Wednesday	18 th June	23 rd July	6	6.35-7.30pm	£96

* See pp.2 & 3 below for more info

ZOOM ONLINE – These classes will be recorded and the cost includes access to the videos.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang Tai Chi Form & Qigong	All levels	Tuesday	29 th Apr.	22 nd July	12	12.00-12.55pm	£192

East Finchley: *East Finchley Methodist Hall, 197 High Road, N2 8AJ.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step / Qigong	Intermediate	Wednesday	30 th Apr.	23 rd July	12	12.00-12.55pm	£192
Yang 10-Step / Qigong	All levels		30 th Apr.	23 rd July	12	1.00-1.55pm	£192

Sevenoaks: (1) **Vine Baptist Church Hall:** *Park Lane, Sevenoaks, TN13 3UP. (Thursday evenings).*
 (2) **St. Luke's Church Hall:** *Eardley Road, Sevenoaks, TN13 1XT. (Thursdays & Fridays - daytime).*

Venue	Form	Standard	Day	Starts	Ends	Wks	Time	Cost
St. Luke's	Yang 10 Form / Qigong	All levels	Thursday	1 st May	24 th July	12	2.45-3.40pm	£192
Vine B.Ch.	Wudang Taiji Sword	Beginner		1 st May	24 th July	12	6.35-7.30pm	£192
Vine B.Ch.	Yang 24-Step	All levels		1 st May	24 th July	12	7.35-8.30pm	£192
Vine B.Ch.	Qigong & Meditation	All levels		1 st May	24 th July	12	8.35-9.30pm	£192
St. Luke's	Sun Style * / Qigong	All levels	Friday	2 nd May	25 th July	12	12.05-1.00pm	£192

* See pp.2 & 3 below for more info

New Ash Green: *The Village Hall, Centre Road, New Ash Green, Longfield, Kent, DA3 8HH.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16-Step / Qigong	All levels	Friday	2 nd May	25 th July	12	10.00-10.55am	£192

The Abbey Community Association: *34 Great Smith Street, SW1P 3BU.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
2-Person Exercises: Developing sensitivity, centering, using energy *	All levels	Saturdays Once a month	May 10 th / June 7 th / July 5 th July 26 th (replaces Aug.)/ Sept. 13 th			10am-1pm	£40

* See pp.2 & 3 below for more info

t.: 020-8883 3308 / 07836-710281

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Notes on the Summer 2025 Classes

N.B.: ** **Beginners:** If you are unsure which class to join, please contact me to discuss it. **

BASIL JELLCOE HALL: *Drummond Crescent, London NW1 1LE.*

Form	Standard	Day/Time	Notes
Wudang Taiji Sword	Int./Adv.	Mon. 6.05pm	Tai Chi Sword. Open to anyone who has done a sword form before.
Yang 24-Step Tai Chi	Beg./Int./Adv.	Mon. 7.05pm	Two groups – 1) Beginners, and 2) Intermediate/Advanced.
Qigong & Meditation	Beg./Int./Adv.	Mon. 8.05pm	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; breathing techniques; postural awareness; building/circulating energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
Wu Style Tai Chi	All levels	Tues. 6.05pm	Wu style Tai Chi – Continuing with the detail. Still okay for beginners.
42 Combined Routine *	All levels	Tues. 7.05pm	A set of Qigong exercises & the Combined Tai Chi form that includes different styles of tai chi. Beginners are welcome. (See below*).
Pushing Hands & 2-Person Exercises *	All levels	Tues. 8.05pm	This class is open to all levels including beginners, and is about developing sensing skills using 2-person exercises. (See below*).
Yang 10-Step Tai Chi	Beginners	Wed. 6.35pm	**NEW** Beginners Tai Chi. A short Form. This class is taken by Paula Moore.

* See p.3 below for more info.

ZOOM ONLINE – This class will be recorded and can be accessed if you miss the class.

Form	Standard	Day/Time	Notes
Yang Style Tai Chi Form	All levels	Tues. 12.00pm	A set of qigong exercises and continuing a Yang Style Tai Chi Form. We also work on how to use energy in the Form, as well as building your own energy.

East Finchley: *East Finchley Methodist Hall, 197 High Road, N2 8AJ.*

Form	Standard	Day/Time	Notes
Yang 24-Step/Qigong	Intermediate	Wed. 12.00 pm	Qigong exercises & the Yang 24-Step Form.
Yang 10-Step/Qigong	All levels	Wed. 1.00pm	Good for beginners; breathing, balance, coordination, posture, mobility.

Sevenoaks: *Vine Baptist Church (Thursdays); St. Luke's Church Hall (Thursdays & Fridays).*

Form	Standard	Day/Time	Notes
Yang 10-Step/Qigong (St. Luke's)	Beg./Int.	Thurs. 2.40pm	Qigong exercises & Yang 10-Step tai chi: This is for all levels, and particularly good for anyone who would like to start tai chi.
Wudang Taiji Sword (Vine Baptist Church)	Int./Adv.	Thurs. 6.35pm	Tai Chi Sword. Open to anyone who has done a sword form before.
Yang 24-Step (Vine Baptist Church)	Beg./Int./Adv.	Thurs. 7.35pm	Beginners: 1 st half of the Form. Int./Adv.: 2 nd half of the Form.
Qigong/Meditation (Vine Baptist Church)	Beg./Int./Adv.	Thurs. 8.35pm	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; breathing techniques; postural awareness; building/circulating energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
Sun Style Taiji (St. Luke's) *	Beg./Int./Adv.	Fri. 12.05pm	Some Qigong & SUN style Tai Chi. Good for beginners. (See below*).

* See p.3 below for more info.

New Ash Green: *The Village Hall, Centre Road, New Ash Green, Longfield, Kent, DA3 8HH.*

Form	Standard	Day/Time	Notes
Yang 16-Step / Qigong	Beg./Int..	Fri. 10.00am	Qigong health exercises & a Tai Chi Form. All levels are welcome.

The Abbey Community Association: *34 Great Smith Street, SW1P 3BU.*

Form	Standard	Day/Time	Notes
Push Hands & 2-Person Exercises *	All levels (incl. Beg.)	Saturdays 10am-1pm	How to work with another person in tai chi. 2-person exercises; using energy; and how to sense another person's energy. (See below*).

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* **NEW CLASS: Notes on 10-Step Class (Wednesday 6.35pm)**

This is a new class for BEGINNERS who would like to learn the basics of Tai Chi.

The Yang 10-Step Form is the shortest set of movements, but incorporates all the major principles of Tai Chi and is an excellent set of movements to discover what Tai Chi is all about.

The class is taken by Paul Moore who has been teaching for many years.

* **Notes on the 42 Taiji Class (Tuesday 7.05pm)**

This is still a good time to join this class.

Although the Form is predominantly Yang style, it also combines a mixture of different styles of Tai Chi and is a good introduction to other types of Tai Chi.

* **Notes on the Sun Style Tai Chi Class (Friday 12.05pm)**

This is a 'modular' form consisting of various short sections, which, apart from the opening can be performed in almost any order. This can be performed by all levels from complete beginner to advanced, and is also particularly good if you have knee problems (e.g. arthritis).

* **Notes on 2-Person Classes (Tuesday 8.05pm/Saturdays)**

Both the Tuesday 8.05pm class in Euston, and the [Saturday courses in Westminster](#) will focus on:

- Learning how to relax
- The use of the movements in Tai Chi Form (applications)
- Applying the movements so that you maintain your own integrity (centre of balance)
- Finding & working from the centre/core/Dantian
- Developing the sense of 'feel' when working with someone else
- Connecting your centre to your hands
- Turning a partner's energy around so as to unbalance him/her
- We will also work on a 2-Person Tai Chi Form in order to understand applications of moves

Posture, Balance, and Intention.

By far the most important part of these classes is developing the ability to sense and be aware not only of one's own posture, balance, and intention, but also that of another person.

Relaxation.

Many of the exercises are ultimately about the ability to act from a very relaxed body and mind, so that (for example) if someone pushes towards you, you don't 'lock up' (the instinctive reaction), but instead you sense the push, and divert it. Initially it is this 'locking up' (which in effect makes you unable to move), that we are working on undoing.

This is about getting more control of your sympathetic nervous system (fight & flight), the 'stress' system, so that in difficult situations, you 'roll with the punches' better.
