

Tai Chi & Qigong Classes – Spring 2024

Monday 8th January– Friday 29th March

- **NO CLASSES ON:** Monday 12th – Friday 16th February incl. (Half-Term) -

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.
*****N.B.:** If you are attending Monday and another day, please calculate Monday as the 50%.

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Wudang Taiji Sword *	Beginner	Monday	8 th Jan.	25 th Mar.	11	6.05-7.00pm	£165
Yang 24-Step Tai Chi Form	All levels		8 th Jan.	25 th Mar.	11	7.05-8.00pm	£165
Qigong & Meditation	All levels		8 th Jan.	25 th Mar.	11	8.05-9.00pm	£165
Wu Style Tai Chi	All levels	Tuesday	9 th Jan.	26 th Mar.	11	6.05-7.00pm	£165
42-Step Tai Chi Form *	All levels		9 th Jan.	26 th Mar.	11	7.05-8.00pm	£165
Push Hands/Applications/2-Person *	All levels		9 th Jan.	26 th Mar.	11	8.05-9.00pm	£165

* 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	All levels	Tuesday	9 th Jan.	26 th Mar.	11	12.00-12.55pm	£165

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step / Qigong	All levels	Wednesday	10 th Jan.	27 th Mar.	11	12.00-12.55pm	£165
Yang 10-Step / Qigong	All levels		10 th Jan.	27 th Mar.	11	1.00-1.55pm	£165

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	11 th Jan.	28 th Mar.	11	2.45-3.40pm	£165
Vine B.Ch.	Wudang Taiji Sword *	Beginner		11 th Jan.	28 th Mar.	11	6.35-7.30pm	£165
Vine B.Ch.	Yang 24-Step	All levels		11 th Jan.	28 th Mar.	11	7.35-8.30pm	£165
Vine B.Ch.	Qigong & Meditation	All levels		11 th Jan.	28 th Mar.	11	8.35-9.30pm	£165
St. Luke's	* NEW: Taiji FAN / Qigong	All levels	Friday	12 th Jan.	29 th Mar.	11	12.05-1.00pm	£165

* 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	12 th Jan.	29 th Mar.	11	10.00-10.55am	£165

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
2 person exercises: developing sensitivity, centring, using energy **	All levels	Saturdays Once a month	Jan. 6 th / Feb. 3 rd / Mar. 2 nd & 30 th			10am-1pm	£35

* See pp.2 & 3 below for more info

Notes on the Spring 2024 Classes

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

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

Form	Standard	Dav/Time	Notes
Wudang Taiji Sword *	Beg./Int./Adv.	Mon. 6.05	Tai Chi Sword. Beginners are welcome. (See below*).
Yang 24-Step	Beg./Int./Adv.	Mon. 7.05	Two groups – 1) Beginners, and 2) Intermediate/Advanced.
Qigong & Meditation	Beg./Int./Adv.	Mon. 8.05	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
Wu Style Tai Chi	Beginners	Tues. 6.05	Wu style Tai Chi.
42 Combined Routine*	All levels	Tues. 7.05	A set of Qigong exercises & the Combined Tai Chi form that includes different styles of tai chi. This is a good time to start this form for beginners. (See below*).
Pushing Hands & 2-Person Exercises *	All levels	Tues. 8.05	This class is open to all levels including beginners. It does not involve learning a tai chi Form, but is about developing sensing skills using 2-person exercises. (See below*).

* 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	Dav/Time	Notes
Yang Style Tai Chi Form	All levels	Tues. 12.00	A set of qigong exercises and a Yang Style Tai Chi Form.

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

Form	Standard	Day/Time	Notes
Yang 24-Step/Qigong	All levels	Wed. 12.00	Qigong exercises & the Yang 24-Step Form.
Yang 10-Step/Qigong	All levels	Wed. 1.00	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. 2.40	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)	Beginner	Thurs. 6.35	Tai Chi Sword. Beginners are welcome. (See below*).
Yang 24-Step (Vine Baptist Church)	Beg./Int./Adv.	Thurs. 7.35	Beginners: 1 st half of the Form. Int./Adv.: 2 nd half of the Form.
Qigong/Meditation (Vine Baptist Church)	Beg./Int./Adv.	Thurs. 8.35	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
*Taiji FAN Form (St. Luke's)	Beg./Int./Adv.	Fri. 12.05	*NEW*: Some Qigong & a short Yang style FAN Form. (See below*).

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*).

* Notes on the Wudang Taiji Sword Class (Monday 6.05pm)

Both the Monday 6.05pm class in Euston, and the Thursday 6.35pm class in Sevenoaks will be continuing the Wudang Taiji (Tai Chi) Sword. The set of movements falls into 'Sections' and we have only done the 1st Section (out of 6). If you'd like to join, we will be mainly working on the 2nd Section but will also constantly be revising Section 1. It's therefore not too late to join.

This uses the double-edged sword ('jian'), and if you'd like to try the class out you are welcome to borrow a sword. We'll be taking time in getting through the set of movements, and if you've never tried any weapon form before, this is a great one to try out to expand your repertoire. The Wudang Taiji Sword Form is a lively form with both slow and fast movements.

There are many YouTube performances of the Form, a couple of which are:-

A performance by me in 2008: [HERE](#).

A more 'dramatic' version: [HERE](#).

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

This is a particularly good time to join this class as we will be working from the beginning of the Form in more detail.

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 Taiji Fan Form Class (Friday 12.05pm)

This is a short 18-Move Tai Chi Fan Form which you will find [HERE](#). [Skim to 9:37 for performance]. Graceful, fun to do, uses all the principles of Tai Chi.

* 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.