

Tai Chi & Qigong Classes – Autumn 2022

Monday 12th September – Friday 9th December

**** NO CLASSES ON: Monday 24th – Friday 28th October incl. (Half-Term)****

Try any 1-hour class for £5: And if you join the course after the start of the term, there's no charge for the missed classes.

More than 1 class a week: The 1st course is charged at full rate; additional courses are **50%** of the course fee.

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 32-Step Sword Form	All levels	Monday	24 th Sept	5 th Dec.	12	6.05-7.00pm	£168
Yang 24-Step Tai Chi Form	All levels		24 th Sept.	5 th Dec.	12	7.05-8.00pm	£168
Qigong & Meditation	All levels		24 th Sept.	5 th Dec.	12	8.05-9.00pm	£168
** NEW ** Wu Style Tai Chi	All levels	Tuesday	25 th Sept.	6 th Dec.	12	6.05-7.00pm	£168
42-Step Tai Chi Form	Intermediate/Adv.		25 th Sept.	6 th Dec.	12	7.05-8.00pm	£168
Push Hands/Applications/2-Person**	All levels		25 th Sept.	6 th Dec.	12	8.05-9.00pm	£168

** 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
** NEW ** Wu 13-Step Tai Chi Form	All levels	Tuesday	25 th Sept.	6 th Dec.	12	12.00-12.55pm	£168
Qigong & Meditation	All levels	Wednesday	26 th Sept.	7 th Dec.	12	5.00-5.55pm	£168

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	26 th Sept.	7 th Dec.	12	12.00-12.55pm	£168
Yang 10-Step / Qigong	All levels		26 th Sept.	7 th Dec.	12	1.00-1.55pm	£168

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	27 th Sept.	8 th Dec.	12	2.45-3.40pm	£168
Vine B.Ch.	Yang 32-Step Sword	All levels		27 th Sept.	8 th Dec.	12	6.35-7.30pm	£168
Vine B.Ch.	Yang 24-Step	All levels		27 th Sept.	8 th Dec.	12	7.35-8.30pm	£168
Vine B.Ch.	Qigong & Meditation	All levels		27 th Sept.	8 th Dec.	12	8.35-9.30pm	£168
St. Luke's	Yang 16 Form / Qigong	All levels	Friday	28 th Sept.	9 th Dec.	12	12.05-1.00pm	£168

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	28 th Sept.	9 th Dec.	12	9.00-9.55am	£168
Yang 24 Form / Qigong	All levels		28 th Sept.	9 th Dec.	12	10.00-10.55am	£168

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	Sept. 10 th / Oct. 8 th / Nov. 5 th / Dec. 3 rd			10am-1pm	£35

** See pp.2-3 below for more info

t.: 020-8883 3308 / 07836-710281

e: james@taiji.co.uk

www.taiji.co.uk

www.qigonghealth.co.uk

Notes on the Autumn 2022 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	Day/Time	Notes
Yang 32 Sword	Beg./Int./Adv.	Mon. 6.05	A Tai Chi Sword Form. Beginners are welcome.
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.
NEW Wu Style Tai Chi	Beginners	Tues. 6.05	An introduction to Wu style Tai Chi. Beginners welcome.
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.
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 sensing skills using 2-person exercises.

** See pp.2-3 below for more info

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

Form	Standard	Day/Time	Notes
Wu 13-Step Tai Chi Form	All levels	Tues. 12.00	A set of qigong exercises and an introduction to Wu style Tai Chi
Qigong & Meditation	All levels	Wed. 5.00	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.

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.
Yang 32-Step Sword (VBC)	All levels	Thurs. 6.35	A short form for the double-edged sword. This is open to all levels, and beginners are welcome.
Yang 24-Step (VBC)	Beg./Int./Adv.	Thurs. 7.35	Beginners: 1 st half of the Form. Int./Adv.: 2 nd half of the Form.
Qigong/Meditation (VBC)	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.
Yang 16 Form (St. Luke's)	Beg./Int./Adv.	Fri. 12.05	A set of Qigong exercises & the Yang 16-Step Form.

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. 9.05am	Qigong health exercises & a Tai Chi Form. All levels are welcome.
Yang 24-Step / Qigong	Beg./Int..	Fri. 10.10am	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.

Notes on 2-Person Classes

Both the Tuesday 8.05pm classes 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 might also use some parts of 2-Person Forms in order to explain applications

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.

Unlike other classes, this class does *not* focus on learning sets of movements.