

# Tai Chi & Qigong Classes – Autumn 2024

## Monday 9<sup>th</sup> September– Friday 6<sup>th</sup> December

- NO CLASSES ON: Tuesday 17<sup>th</sup> Sept. (replacement class on 10<sup>th</sup> Dec.)

- HALF TERM: Monday 21<sup>st</sup> – Friday 25<sup>th</sup> October 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	9 <sup>th</sup> Sept.	2 <sup>nd</sup> Dec.	12	6.05-7.00pm	£180
Yang 24-Step Tai Chi Form	All levels		9 <sup>th</sup> Sept.	2 <sup>nd</sup> Dec.	12	7.05-8.00pm	£180
Qigong & Meditation	All levels		9 <sup>th</sup> Sept.	2 <sup>nd</sup> Dec.	12	8.05-9.00pm	£180
Wu Style Tai Chi	All levels	Tuesday	10 <sup>th</sup> Sept.	3 <sup>rd</sup> Dec.	12	6.05-7.00pm	£180
42-Step Tai Chi Form *	All levels		10 <sup>th</sup> Sept.	3 <sup>rd</sup> Dec.	12	7.05-8.00pm	£180
Push Hands/Applications/2-Person *	All levels		10 <sup>th</sup> Sept.	3 <sup>rd</sup> Dec.	12	8.05-9.00pm	£180

\* 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	10 <sup>th</sup> Sept.	3 <sup>rd</sup> Dec.	12	12.00-12.55pm	£180

**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	11 <sup>th</sup> Sept.	4 <sup>th</sup> Dec.	12	12.00-12.55pm	£180
Yang 10-Step / Qigong	All levels		11 <sup>th</sup> Sept.	4 <sup>th</sup> Dec.	12	1.00-1.55pm	£180

**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	12 <sup>th</sup> Sept.	5 <sup>th</sup> Dec.	12	2.45-3.40pm	£180
Vine B.Ch.	Wudang Taiji Sword *	Beginner		12 <sup>th</sup> Sept.	5 <sup>th</sup> Dec.	12	6.35-7.30pm	£180
Vine B.Ch.	Yang 24-Step	All levels		12 <sup>th</sup> Sept.	5 <sup>th</sup> Dec.	12	7.35-8.30pm	£180
Vine B.Ch.	Qigong & Meditation	All levels		12 <sup>th</sup> Sept.	5 <sup>th</sup> Dec.	12	8.35-9.30pm	£180
St. Luke's	* NEW: Taiji FAN / Qigong	All levels	Friday	13 <sup>th</sup> Sept.	6 <sup>th</sup> Dec.	12	12.05-1.00pm	£180

\* 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	13 <sup>th</sup> Sept.	6 <sup>th</sup> Dec.	12	10.00-10.55am	£180

**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. 7 <sup>th</sup> / Oct. 12 <sup>th</sup> / Nov. 9 <sup>th</sup> / Dec. 7 <sup>th</sup>			10am-1pm	£35

\* See pp.2 & 3 below for more info

t.: 020-8883 3308 / 07836-710281

e: [james@taiji.co.uk](mailto:james@taiji.co.uk)

[www.taiji.co.uk](http://www.taiji.co.uk)

[www.qigonghealth.co.uk](http://www.qigonghealth.co.uk)

# Notes on the Summer 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/circulating energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
Wu Style Tai Chi	All levels	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. Beginners are welcome. (See below*).
Pushing Hands & 2-Person Exercises *	All levels	Tues. 8.05	This class is open to all levels including beginners, and 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 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	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	<b>Beginners:</b> 1 <sup>st</sup> half of the Form. <b>Int./Adv.:</b> 2 <sup>nd</sup> 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/circulating 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	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 Sections 1-3 (out of 6). If you'd like to join, we will be working from the 4<sup>th</sup> Section onwards and will occasionally run through the first 3 Sections so you will get a feel for it.

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 still a good time to join this class. Last term we went back to the 1<sup>st</sup> section (there are 4 sections in all) and this term we'll be looking at sections 1 & 2 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.