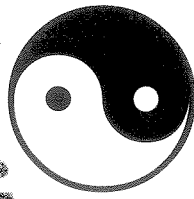


# TAI CHI ARTS BEST



**VENUE**  
**SOHO GYM**  
**11-15 BRAD STREET SE1 8TG**  
**WATERLOO TUBE & RAIL STATION**

**29<sup>th</sup> APRIL to 3<sup>rd</sup> MAY**

**CONTACT**  
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**0208 764 5975**

**patrick.wan@sky.com**

**ALSO**  
**AT**  
**TAIJI STUDIO**

**28 CRESCENT WAY, LONDON SW16 3AJ**  
**NORBURY RAIL STATION**

**Grand Master**  
**Chen Xiao Wang**  
**17<sup>th</sup> annual**  
**London seminar**



Dear Friends,

Once again, we are inviting you to the Annual London Tai Chi seminar by Grandmaster Chen Xiao Wang starting April 29th to 3rd May. Once again, we have put together an interesting programme covering many areas which I hope would interest you.

In addition to the ever popular regular seminar on Chansijing (silk reeling exercise), we are introducing the Tai Chi fast form Xinjia Paocui. I am strongly recommending this form to those who have already done the first form, (Yi-lu Loajia or Xinjia) as the spiral (Chansi) energy and applications are very evident in that form and may help in enhancing your Tai Chi understanding. This form will be taught in such manner that it is accessible to all levels; it will be practised at a slow pace at the beginning and you can speed up as you get familiar with the movements. The emphasis will be on learning the details thus we will be only covering the first 41 movements out of the total 71; we will continue and complete the form next year.

There will be a 3 hour session on Standing Qigong (Zhan Zhuang) for those who wish to deepen their understanding of Dantien connection and the free flow of internal energy with Grandmaster Chen's corrections.

We now have a permanent small purpose built Tai Chi Studio in South London, where we can benefit more from Grandmaster Chen's teachings on a semi private basis. This year we are organizing Push Hands practice (single and double hands) and Sword revision by Grandmaster Chen at that location. Unfortunately, due to the size of the studio, places will be very limited and it will be on a first come first serve basis.



*Patrick Wan*  
*Director*  
*World Chen Xiao Wang*  
*Taijiquan Association UK*

# **CHEN XIAO WANG - LONDON 2010 TAI CHI SEMINAR**

## **CHAN SI JING - Silk reeling Energy**

**Day 1: Standing posture correction & Part I Chan Si Jing; Day 2: Part II Chan Si Jing & Dantien connection**

"Dantien is at the heart of the body's motion, once a part moves, the whole body moves joint by joint, energy threads through; thus the force transmits unimpeded in one action" says Grandmaster Chen. At first we learn "Silk Reeling Energy", a special exercise that teaches us how to circulate our Vital Energy (Chi flow) around our body and how to concentrate it in our "Vital Centre" (Dantian). We improve the energy flow by using the mind, correct postures and movements to thread through the inner energy like the unreeling of the delicate silk thread from its cocoon. Then we can begin to understand the movement principle of Tai Chi that connects our mind, Chi flow, Dantien, and movement to generate the required force. 'Silk Reeling Energy' is considered to be the alphabets of Tai Chi and as a prerequisite for progress to higher levels in Tai Chi. Over the 2 days, Grand Master Chen will take us through the traditional Chan Si Jing and Standing exercises and also cover the body and motion connection with Dantien and application in the Taiji form.

This is a very popular class, please book well in advance.

**Date: Saturday 1 May – 12 noon to 3pm;**

**Venue: 11-15 Brad Street, London SE1, Nr. Waterloo Stn**

**Sunday 2 May – 1.30pm to 4.30pm**

**Total cost £75 (6 hours); day 1 or 2 only is £45**

(For those who have already learnt this from Grand Master Chen or the CWTA, Cost: £55)

## **STANDING QIGONG & POSTURE CORRECTIONS**

This is a 3 hour seminar on Bank Holiday Monday; it is for beginners and advance students alike or from any style who wish to understand proper circulation of internal energy in Standing Qigong. Grand Master Chen will spend more time on posture corrections to reduce energy blockages and promotes Chi flow leading to and out of your centre (Dantian) to increase your well being and strength.

**Date: Monday 3 May - 10am to 1pm**

**Venue: 11-15 Brad Street, London SE1, Nr. Waterloo Stn**

**Total cost £40 (3 hours);**

(For those who have already learnt this from Grand Master Chen or the CWTA, Cost: £30)

## **XINJIA PAOCUI (NEW FRAME CANNON FISTS) CHEN TAI CHI FORM**

**What is it?** - This is the fast form of Chen Taiji syllabus where forcefulness of spirit, the explosive power and martial application of Chen Taiji become evident. Although fast, the same "soft" principle of Chan Si jing (internal silk reeling energy) connected with the Dantian still applies. In Laojia, the internal energy is subtle and internal but in Xinjia it is also manifested externally. Fast does not mean brute force; in Xinjia Paocui you will learn: Calmness in Excitement; Softness in Strength; Yielding, yet Overpowering; Gentleness in Forcefulness; Stillness in Movement; Straightness in the Circular. Although these opposite characteristics have to occur simultaneously, they are not contradictory since it is important to have the "yin yang" balance to perform this form correctly.

**Who is it for?** - This form will be extremely beneficial for those who have previously done Laojia or Xinjia first forms. We also welcome anyone who has done other Taiji or martial arts style who would appreciate the martial effectiveness of Taiji. Although this form is fast, it is accessible to anyone; Master Chen will break this down in gentle soft and slow movements for you to learn and you can increase speed and forcefulness as you get familiar with the form. This time, we will cover the first 41 movements out of the total 71 in order we can focus on details and corrections by Grand master Chen and to memorise the form. We will complete the form next year. There are videos to support the seminar; limited stock.

**Date: Sat 1 May 3pm to 7pm; Sun 2 May 10am to 12noon**

**Venue: 11-15 Brad St. London SE1, Nr. Waterloo Stn.**

**And Mon 3 May 1pm to 4pm**

**Total cost £100 (for all 9 hours)**

(For those who have already learnt this from Grand Master Chen or the CWTA, Cost: £90)

## **ADVANCE TUISHOU (PUSH HANDS) – Semi Private lessons**

Detailed teaching and corrections of push hands (single & double hands and steps) by Grand Master Chen. Due to the size of the training studio, only 5 pairs (10 places) are available. To get the most benefit, we recommend that you bring your practice partner. First come first serve basis; book ASAP to avoid disappointment. **Thursday 29 April 10am to 2pm (4hrs) - £80**

**Venue: 28 Crescent Way, Norbury, London SW16 3AJ**

**Directions will be given to attendees prior to lessons**

## **SWORD FORM Revision – Semi Private Lessons**

Detailed individual correction of Chen Sword form by Grand master Chen. There are only 6 places due to small training space. First come first serve basis; book ASAP to avoid disappointment. **Friday 30 April 9 10am to 2pm (4hrs) - £80**

**Venue: 28 Crescent Way, Norbury, London SW16 3AJ**

**Directions will be given to attendees prior to lessons**

## **HOW TO REGISTER FOR THE SEMINARS**

(a) Tick the seminars boxes you want to attend.

(b) All cheques must be made payable to 'Chen Xiao Wang Seminar' (strictly no cash by post).

(c) Cut and send completed form below with cheque to **Patrick Wan, 28 Crescent Way, London SW16 3AJ**

✂

Please register me for the following seminars which I have ticked below and enclosed a cheque for £.....

(A) Chan Si Jing (Silk reeling Energy) (6hrs)	Total cost £75	<input type="checkbox"/>	Name &
(B) Standing Qigong (3hrs)	Total Cost £40	<input type="checkbox"/>	Address:.....
(C) Xinjia Er Lu Form (9hrs – Part 1 & 2)	Total Cost £100	<input type="checkbox"/>	.....
(D) Sword Form (Private)	Total cost £80	<input type="checkbox"/>	
(E) Tuishou (Private)	Total cost £80	<input type="checkbox"/>	Tel no.....

On registration pay half now (or total) by cheque and pay any remaining balance on the first day of seminar **IN CASH**