



Map showing location of Lusty Beg Island

## Seminar Schedule

Fri 13	Sat 14	Sun 15	Mon 16
1.30pm - 4.30pm	10.00am - 1.00pm	10.00am - 1.00pm	10.00am - 1.00pm
<b>Laojia</b>	<b>Healing Sounds</b>	<b>Silk Reeling</b>	<b>Laojia</b>
Break	Lunch		
6.00pm - 9.00pm	2.30pm - 5.45pm	2.30pm - 5.30pm	2.30pm - 5.30pm
<b>Push Hands</b>	<b>Healing Sounds &amp; Standing</b>	<b>19 Step</b>	<b>Laojia</b>

**Register TODAY & avail of the Early Bird concession for the Full Seminar Programme: £240.00 / €300.00**  
**Complete payment due by: Thursday 1<sup>st</sup> May**

## Profile of Grand Master Chen Xiao Wang



Grand Master Chen Xiao Wang is both heir and head of the original style of Chen Taiji Quan, being the 19th generation successor to the oldest school in the world. He is one of the current top masters today.

Chen Xiao Wang was born in 1946 and from a very young age was inspired by his ancestors and grandfather Chen Fa Ke, considered to have been the greatest Taiji Master at the beginning of this century. He undertook a rigorous training discipline to master and be the standard bearer of the family art. He subsequently won China's National Tournament three times consecutively, in 1980, '81 and '82. He was crowned All China Grand Champion at the first International Open Tournament in Xian in 1985. He is a member of the National Umpiring Commission and is technical advisor to the National Federation of Taiji Quan since 1985. He is also the national coach of China since his appointment in 1988. He has trained over three thousand students, many of whom have won at national and international levels.

Chen Xiao Wang is not just a great champion and practitioner of Taiji, his teaching skills are as excellent as his performance. Complicated movements and principles are transmitted to the students with great ease. His eye for detail is tremendous, no fault escapes him. He speaks English, although his body language of deep breathing, calmness and easy movement makes words dispensable. To him, all styles of Taiji, whether Yang, Wu, Sun, Wu or Chen, share the same fundamental principles, which he teaches throughout his seminars around the world.

### For further details contact:

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# Taiji Quan



WCTAI present their 17th Seminar with  
**Grand Master Chen Xiao Wang**



**Venue**  
 Lusty Beg  
 Boa Island, Kesh, Co Fermanagh  
 N. Ireland  
 www.lustygigisland.com



## Laojia Yi Lu

### Chen Taiji Long Form (Part 1)

*Prior knowledge recommended*

Friday 13<sup>th</sup> June

**1.30pm - 4.30pm** £40 / €45

This section, Part 1, is especially suitable for those students who are starting to learn Laojia Yi Lu - this session will present movements 1 to 18 to illustrate the correct movements in the first part of this form. (Parts 2, 3 & 4 will be presented on Monday)

## Push Hands

*Suitable for all*

Friday 13<sup>th</sup> June

**6.00pm - 9.00pm** £40 / €45

In the Taiji form, we learn about ourselves and our own strength. Through pushing hands we learn about our opponent and how to control the situation. This seminar aims to cultivate both self-awareness with sensitivity to respond and reflect a persons strength accordingly through the practise of Pushing Hands.

## Healing Sounds

*Suitable for all*

Saturday 14<sup>th</sup> June

**10.00am - 1.00pm** £50 / €55 4hrs

**2.30pm - 3.30pm**

This ancient set of exercises uses a combination of movement with associated sound vibrations to activate internal organs by purposefully circulating Qi energy.

## Standing Qigong

*Suitable for all*

Saturday 14<sup>th</sup> June

**3.45pm - 5.45pm** £25 / €30 2hrs

Participants will be taught how to practice Standing Qigong to improve calmness and open the Qi channels to and from the Dantian centre to develop internal energy.

## Chan Si Gong

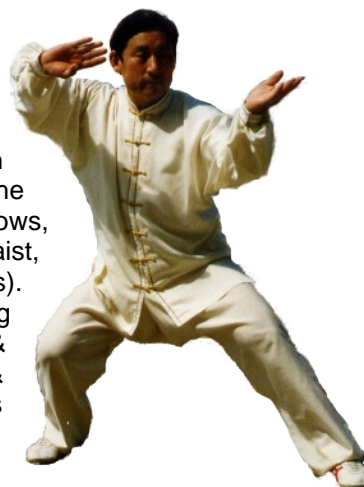
### Silk Reeling Energy

*Suitable for all*

Sunday 15<sup>th</sup> June

**10.00am - 1.00pm** £40 / €45

Chan Si Gong or Silk Reeling Energy is one of the fundamental methods of training in Taijiquan and is necessary if to develop & realise both the maximum health benefit & martial advantage. The silk-reeling exercises provide a means of eliminating stiffness, improving elasticity, & improving flexibility. All Taiji movement is achieved through silk-reeling energy which contains the three components of relaxation, extension & turning/twisting. An important goal of these exercises is to open & loosen the major joint areas of the body (neck, shoulders, elbows, wrists, chest, abdomen, waist, kua, hips, knees, & ankles). The slow, even, twining movements stretches & strengthens the muscles & tendons making them less susceptible to injury.



## 19 Step

### Chen Taiji Induction Form

*Some prior knowledge recommended*

Sunday 15<sup>th</sup> June

**2.30pm - 5.30pm** £40 / €45

This short form was created by Grand Master Chen Xiao Wang and offers an introductory form for practitioners at all levels and of other styles. Great care has been taken to ensure that all the major features of the Chen Style Taiji are incorporated.

## Laojia Yi Lu

### Chen Taiji Long Form (Parts 2, 3 & 4)

*Some prior knowledge essential*

Monday 16<sup>th</sup> June

**10.00am - 1.00pm** £40 / €45

**2.30pm - 5.30pm** £40 / €45

Chen Taijiquan is the oldest style practiced today and is widely acknowledged to be the ancestor of all other styles. Chen Taijiquan (T'ai Chi Ch'uan) first developed this 75 Movement Hand Form which is well known today as Yi Lu Laojia. It is characterized by whole-body twining & coiling movements with occasional explosive releases of power. It is an ancient form which fully encompasses the Tai Chi principles. Laojia is a methodical way in which to learn both the principles & techniques of Taijiquan.

Refining technique & movement transitions cannot be learnt from books or DVDs alone but requires regular practice and instruction with a teacher who can both direct & develop the progression of your skill. Join us for a master class & experience the best.