

# TAI CHI AT ITS BEST



8<sup>th</sup> to 12<sup>th</sup> NOVEMBER  
2012

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**WEEK END 10 & 11 NOV  
TOPNOTCH  
3 TUDOR STREET EC4**

**BLACKFRIARS TUBE & RAIL STATION**

**THURSDAY & FRIDAY 8 & 9 NOV  
SOUTH BANK CLUB  
124-130 WANDSWORTH ROAD SW8**

**VAUXHALL TUBE & RAIL STATION**

**MONDAY 12 NOV  
TAIJI STUDIO  
28 CRESCENT WAY, LONDON SW16 3AJ  
NORBURY RAIL STATION**



**Grand Master  
Chen Xiao Wang  
London seminar  
[wctauk.com](http://wctauk.com)**

Dear Friends,

Once again, we are inviting you to the Annual London Tai Chi seminar by Grandmaster Chen Xiao Wang from 8<sup>th</sup> to 12<sup>th</sup> November. We have put together an interesting programme covering many areas which I hope would interest you.

In addition to the ever popular seminar on Chansijing (silk reeling exercise), we are also having the 6 Healing Sounds Qigong at the requests of many participants over the week end of 10 & 11 November.

We will also be having the Taiji BroadSword, Xinjia Yi-LU forms and pushing hands on other days.

Grand master Chen will also be holding a Certification Examination. The purpose for this optional examination is to aid students who wish to confirm their level of competence in the various forms of Chen Style Taijiquan. Certification is often required in order to teach, to act as a referee or as a sportsman, etc. Grandmaster Chen will personally conduct the examination and grant certification. No fees will be collected if the participant is not awarded a certificate.

I hope to see you at the seminars.

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



# CHEN XIAO WANG - LONDON 2012 TAI CHI SEMINAR

## CHAN SI JING - Silk reeling Energy

**Day 1:** Standing Qigong & Part I Chan Si Jing; **Day 2:** Standing Qigong & Part II Chan Si Jing

When we practice Standing Qigong, we allow our brain to rest and leave our body to function without the constant interference of our conscious mind. With correct body posture, we can reach a deep meditative state where the natural healing energy of our body flows freely to nourish our organs and replenish our internal energy Qi; we call this state "WUJI". We then use the Silk Reeling exercises to consciously move our energy to different parts of our body, and we call this, "WUJI giving birth to TAIJI". Like the delicate unreeling of the silk thread from its cocoon we move our Qi from our Centre, Dantian, to our limbs and back to the Dantian. This process help us to understand Taiji movements with the coordination of the Body, mind, Qi and Spirit. Grand Master Chen will take us through the various exercises and as this is a very popular class, please book well in advance.

**Date: Saturday 10 Nov – 9.30 am to 12.30 pm;**

**Venue: Topnotch, 3 Tudor Street, Blackfriars, EC4, Nr. Blackfriars Stn**

**Sunday 11 Nov – 9.30 am to 12.30 pm**

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

(For those who have already learnt this from Grand Master Chen Cost: £60)

## 6 HEALING SOUNDS QIGONG

This is an ancient Qigong making use of 6 different sounds that is associated with the Heart, Lungs, Liver, Kidneys, Spleen and the Triple warmer. Grandmaster Chen explains that the Healing Sounds are like musical scale Do-Re-Mi-Fa-Sol...etc., that have a Invigorating effect on each organ through their vibrations and promoting the protective Qi of each organ. Each sound is accompanied with specific movements that Grand master Chen will take us through this 6 hour class from how to pronounce the sounds and the full Qigong Exercise.

**Date: Saturday 10 Nov – 2 pm to 5pm**

**Venue: Topnotch, 3 Tudor Street, Blackfriars, EC4, Nr. Blackfriars Stn**

**Sunday 11 Nov – 2 pm to 5 pm**

**Total cost £80 (6 hours)**

## TAIJI DAO (BROAD SWORD) FORM

Before the invention of fire arms, the Broad sword was the weapon of choice in China for its swiftness and effectiveness on the battlefields. This is a beautiful and spectacular form with swift movements that will improve your coordination. If you don't have a Broadsword, let us know in advance, we can lend you one. **Date: Thursday 8 Nov 10am to 5pm - Total cost £80**

**Venue: South Bank Club 124-130 Wandsworth Road, SW8, Nr. Vauxhall Stn.**

## XINJIA YI-LU (NEW FRAME) CHEN TAI CHI FORM

Created by Chen Fake, Grandmaster Chen Xiao Wang's grandfather, Xinjia Yi-Lu (new frame first set) is often regarded as the advance version of Laojia Yi-Lu set (old frame first set) from which the other styles of Tai Chi can trace their ancestry to. Xinjia has the same structure and movements as Laojia but the execution of the movements is more lively and springy with more visible expression of "internal energy" through the spiral twining of Chan Si Jing (Silk reeling energy) and Fajing (discharge of power). The hidden moves of Laojia as well as the deceptive "soft" and "quiet" strength of Tai Chi becomes more evident in Xinjia but the same Taiji principles apply.

**Date: Friday 9 Nov 10am to 5pm Total cost £80**

**Venue: South Bank Club 124-130 Wandsworth Road, SW8, Nr. Vauxhall Stn.**

## 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. First come first serve basis; book ASAP to avoid disappointment.

**Monday 12 November 10am to 1pm (3hrs) – Total costs £70**

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

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

## CERTIFICATION BY GRANDMASTER CHEN

The purpose for this optional exam is to aid students who wish to confirm their level of competence in the various forms of Chen Style Taijiquan. Certification is often required in order to teach, to act as a referee or as a sportsman, etc. Chen Xiaowang will personally conduct the examination and grant certification. The fee is £120 (150 Euro) for each certificate it will not be collected if the student does not receive certification. **Monday 12 November (Session 1: 3pm to 5pm and Session 2: 7pm to 9pm);** you can choose which session to attend. If Monday is not convenient for you, let me know in advance to reschedule at mutually convenient time.

**Venue: 28 Crescent Way, Norbury, London SW16 3AJ.** Directions will be given to attendees.

## 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

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Name & Address:

(B) 6 Healing Sounds (6hrs) Total cost £80

☐

(B) Taiji Broad Sword (6hrs) Total Cost £80

☐

(C) Xinjia Yi Lu Form (6hrs) Total Cost £80

☐

(D) Tuishou (Private) (3hrs) Total cost £70

☐

(E) Certification (do not pay now; just tick box) Total cost £120

☐

Tel no.....

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

## **Chen Style Certification by Grand Master Chen Xiao Wang**

### **Purpose:**

The purpose for this optional exam is to aid students who wish to confirm their level of competence in the various forms of Chen Style Taijiquan. Certification is often required in order to teach, to act as a referee or as a sportsman, etc. Grand Master Chen Xiao wang will personally conduct the examination and grant certification.

### **Process:**

Every form will be examined individually from beginning to end and must show all aspects of the form: sequence, tempo, fajin, small or big circle, etc.

All students must first pass the basic exercise of Chan Si Gong, including stepping and Zhan Zhuang (Standing). Students then can choose any additional forms for certification.

Students must show at least 80% proficiency to receive unconditional certification, which will be recognized worldwide.

Conditional certificates will be awarded to students who show 60 to 80% proficiency. Conditional certificates are valid for 3 years, after which the student will be examined again.

### **Arrangements:**

Certification Examinations will be available beginning in London November 2012 Seminars. Request an appointment for individual examinations by sending an email to or contacting Patrick Wan directly.

You can choose which session to attend:

**Monday 12 November:**

**Session 1: 3pm to 5pm**

**Session 2: 7pm to 9pm;**

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

Directions will be given to attendees.

If Monday is not convenient for you, let Patrick Wan know in advance to reschedule at mutually convenient time.

### **Fees:**

150 Euro (£120) fee for each certificate; the fee is not collected if the student does not receive certification.