

Saturday 10 July 2021

1145

**Social Get Together/Introduction**

To say hello, familiarise yourselves with Zoom, how the workshops will work and resolve any queries.....

.....followed by.....

1200

**Tina Faulkner Elders - [Understanding Connectivity](#)**

From the physical to the internal - theory and practice.

1800

**Margherita Padalino - [Chen Silk Reeling Exercises](#)**

Just what it says on the tin.

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Sunday 11 July 2021

1200

**Emma Lee - [Release and Breathe](#)**

Standing, loosening exercises and qigong to help you release, breathe and relax,

1800

**Javier Arnanz - [Taiji's 'Trample-leg Stepping'](#)**

The stepping-kicking practice—called 'caituigong' in Chinese—is an important part of 'single-posture training' and is used in martially-applied taijiquan. Javier will present the caituigong training, connecting it to 'Taijiquan's Theory of Energies.'

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Monday 12 July 2021

1200

**Yanira Jigetsu Rodriguez** - [Tai Chi Peng and An](#)

A routine setting up the core principles and alignment in 2 levels. First level is to prepare, gather energy and open the body to move through the alignment and core principles. The second layer works with the two main Taichi energies Peng & An doing a simple but intense taichi routine integrating the 1st layer.

1800

**Gianfranco Pace** - [Qi Gong of the Archer](#)

A work aimed to develop a stronger intention.

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Tuesday 13 July 2021

1200

**Ben Morris** - [Tai Chi v Chi Kung](#)

Making sense of our martial practice through the prism of our own Psychology.

1800

**Sam Masich** - [A Summary of Taijiquan Core Principles](#)

Taijiquan Core Principles are descriptions of the essential criteria for practice based on natural laws governing human structure, movement, and function. The "Properties of the Stance" Sam looked at last year are just one aspect of these and tonight he will look at the others. They are trainable concepts meant to be integrated into any and all taijiquan solo and partner practices. Core-principles exercises can be used in form-practice sessions as warmups or trained independently. One's experience of the art is enhanced when one practises according to taijiquan core principles.

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Wednesday 14 July 2021

1200

**Margret Stürz** - [Be aware of the inner extension](#)

Intention moves qi - Qi moves blood - Blood supplies muscles and joints. We will explore this with a selection of qigong exercises.

1800

**Pim van den Broek** - [Lifting Energy](#)

From down comes up. From up comes down. And smile.

We are going to connect upper and lower torso. After some initial exercises we let the energy find its way and once it stagnates we will try to give it a gentle boost to establish an upward connection. What happens afterwards, well, see for yourself. Not only for your tai chi, but if you need to relax here and now, this is a great exercise.

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Thursday 15 July 2021

1200

**Sonja Schillo** - [Baguazhang, Smooth steps, unexpected directions, infinite spiral movements.](#)

In this workshop we will dive into the fascinating, vivid and constantly transforming techniques of Baguazhang. On our way we will meet the lion embracing the ball, the swan appearing from amongst the flock and the black dragon coiling round the pillar. We will hide the flower under the leaves, walk through muddy water and draw the taiji. All the enjoyable movements will be easy to follow and described along the way. Take a break from the linear and start moving in spirals.

1800

**Luigi Zanini** - [Conscious Breathing Techniques](#)

The goal is to quickly become conscious of our air intake and release, how to make it longer and deeper, using triangular and square breathing and how to do it at a desk during working hours and in critical moments. We will not cover any specific classic Qigong movements - most of you have them already - only breath, consciousness and awareness of the process, which is actually the key. Based on Luigi's Qigong and TCM experience this will actually cover the two classics parts of Xiao Jou Tian and Da Jou Tian, Small and Big Heavenly Circuit. We will not cover any specific classic Qigong movements - most of you have them already - only breath, consciousness and awareness of the process, which is actually the key. Based on Luigi's Qigong and TCM experience this will actually cover the two classics parts of Xiao Jou Tian and Da Jou Tian, Small and Big Heavenly Circuit.

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