

# Taijiquan & Qigong Classes – Autumn 2018

Monday 10<sup>th</sup> September – Friday 14<sup>th</sup> December

\* **NO CLASSES ON:** Half-Term: (Monday 22<sup>nd</sup> - Friday 26<sup>th</sup> October incl.).

**Cost of classes:** The 1<sup>st</sup> course that you attend is charged at full rate; the cost of any additional course is **50%** of the course fee

**N.B.: Beginners, Intermediate, Advanced ... You can try out *any* class for £5**

**MARIA FIDELIS:** North Gower Street, London NW1 2LY. \*\*\* **NOTE NO LONGER AT RADA** \*\*\*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
<b>**NEW** Yang 18-Step FAN</b>	Beg./Int./Adv.	Monday	10 <sup>th</sup> Sept.	10 <sup>th</sup> Dec.	13	6.05-7.00pm	£169
Yang 24-Step	Beg./Int./Adv.		10 <sup>th</sup> Sept.	10 <sup>th</sup> Dec.	13	7.05-8.00pm	£169
Qigong & Meditation	Beg./Int./Adv. (See page 2 for details)		10 <sup>th</sup> Sept.	10 <sup>th</sup> Dec.	13	8.05-9.00pm	£169
Wudang SWORD	Int.	Tuesday	11 <sup>th</sup> Sept.	11 <sup>th</sup> Dec.	13	<b>6.05-7.00pm</b>	£169
<b>**NEW** Yang 16-Step</b>	Beg.		11 <sup>th</sup> Sept.	11 <sup>th</sup> Dec.	13	<b>7.05-8.00pm</b>	£169
13 Principles Form	Beg./Int.		11 <sup>th</sup> Sept.	11 <sup>th</sup> Dec.	13	<b>8.05-9.00pm</b>	£169

**The Abbey Community Association:** 34 Great Smith Street, SW1P 3BU.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step	Intermediate/Advanced	Tuesday	11 <sup>th</sup> Sept.	11 <sup>th</sup> Dec.	13	12.05-1.00pm	£169
Yang 24-Step	Beginner/Intermediate	Tuesday	11 <sup>th</sup> Sept.	11 <sup>th</sup> Dec.	13	1.05-2.00pm	£169
Yang 16/Qigong	Beg./Int. : Over-50s	Tuesday	11 <sup>th</sup> Sept.	11 <sup>th</sup> Dec.	13	2.45-3.45pm	£N/A
Dui Lian/Push Hands	All levels	Saturdays	Once a month: Sept. 15 <sup>th</sup> / Oct. 13 <sup>th</sup> / Nov. 10 <sup>th</sup> / Dec. 8 <sup>th</sup>			10am-1pm	£35

**Taiji Ltd.:** 1) Daytime: East Finchley Methodist Hall, 197 High Road, N2 8AJ.  
2) Evening: 55 Huntingdon Road, East Finchley, N2 9DX.

**Parking in East Finchley:**  
Not between 2-3pm.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
1. Tai Chi 16-Step / Qigong	All levels	Wednesday	12 <sup>th</sup> Sept.	12 <sup>th</sup> Dec.	13	12.00-12.55pm	£169
1. Tai Chi 10-Step / Qigong	All levels	Wednesday	12 <sup>th</sup> Sept.	12 <sup>th</sup> Dec.	13	1.00-1.55pm	£169
2. Tai Chi 10-Step / Qigong	Beginner	Wednesday	12 <sup>th</sup> Sept.	12 <sup>th</sup> Dec.	13	6.00-6.55pm	£169
2. Qigong	All levels	Wednesday	12 <sup>th</sup> Sept.	12 <sup>th</sup> Dec.	13	7.00-7.55pm	£169

**Sevenoaks:** (1) **Manor Clinic:** 165 High Street, Sevenoaks, TN13 1XJ (**Thurs.**).  
(2) **The Knole Academy:** Bradbourne Vale Road, Sevenoaks, TN13 3LE. (**Thurs.**).  
(3) **St.Luke's Church Hall:** Eardley Road, Sevenoaks, TN13 1XT. (**Fri.**).

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
1. Qigong/Yang 10 Form	All levels	Thursday	13 <sup>th</sup> Sept.	13 <sup>th</sup> Dec.	13	3.00-3.55pm	£169
2. <b>**NEW** Yang 16 Sword Form</b>	All levels	Thursday	13 <sup>th</sup> Sept.	13 <sup>th</sup> Dec.	13	6.35-7.30pm	£169
2. Yang 24-Step	Beg./Int./Adv.	Thursday	13 <sup>th</sup> Sept.	13 <sup>th</sup> Dec.	13	7.35-8.30pm	£169
2. Qigong & Meditation	Beg./Int./Adv. (See below for details)	Thursday	13 <sup>th</sup> Sept.	13 <sup>th</sup> Dec.	13	8.35-9.30pm	£169
3. Yang 16 Form	Beg./Int.	Friday	14 <sup>th</sup> Sept.	14 <sup>th</sup> Dec.	13	12.05-1.00pm	£169
3. Wu Style taiji	All levels	Friday	14 <sup>th</sup> Sept.	14 <sup>th</sup> Dec.	13	1.05-2.00pm	£169

**Longfield:** The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Qigong / Tai Chi 10-Step	Beg./Int.	Friday	14 <sup>th</sup> Sept.	14 <sup>th</sup> Dec.	13	8.05-9.00am	£169
Qigong / Tai Chi 16-Step	Intermediate	Friday	14 <sup>th</sup> Sept.	14 <sup>th</sup> Dec.	13	9.05-10.00am	£169
Qigong / Tai Chi 10-Step	Beg./Int.	Friday	14 <sup>th</sup> Sept.	14 <sup>th</sup> Dec.	13	10.15-11.10am	£169

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

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

# Notes on the Autumn 2018 Classes

N.B.: \*\* **Beginners:** If you are unsure which class to join, please contact me to discuss it. \*\*

**MARIA FIDELIS:** *North Gower Street, London NW1 2LY.*

Form	Standard	Day/Time	Notes
<b>**NEW** Yang 18 Fan</b>	Beginners	Mon. 6.05	A very short Tai Chi Fan Form.
<b>Yang 24-Step</b>	Beg./Int./Adv.	Mon. 7.05	Two groups – 1) Beginners, and 2) Intermediate/Advanced.
<b>Qigong &amp; Meditation</b>	Beg./Int./Adv.	Mon. 8.05-9.00	Standing qigong (Zhan Zhuang); Dao Yin exercises; yiquan; breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
<b>Wudang SWORD</b>	Int./Adv.	Tues. 6.05	This form is in 6 sections: We are working on sections 4, 5, and 6.
<b>**NEW** Yang 16-Step</b>	Beginners	Tues. 7.05	A set of Qigong exercises & the Yang 16-Step Form from the beginning.
<b>13 Principles Form</b>	All levels	Tues. 8.05	This is a mixed style Form, open to beginner or intermediate level. There will be some Qigong, as well as some partner work.

**The Abbey Community Association:** *34 Great Smith Street, SW1P 3BU.*

Form	Standard	Day/Time	Notes
<b>Yang 24-Step</b>	Int./Adv.	Tues. 12.05	The 2 <sup>nd</sup> half of the Yang 24-Step Form.
<b>Yang 24-Step</b>	Beginners	Tues. 1.05	The 1 <sup>st</sup> half of the Yang 24-Step Form, as well as a set of Qigong exercises.
<b>Yang 16 / Qigong</b>	Beg./Int.:50s+	Tues. 2.45	1) The Yang 16-step tai chi form; 2) a set of Qigong exercises.
<b>Dui Lian 2-person Exercises</b>	All levels (incl. Beg.)	Saturdays 10am-1pm	How to work with another person in tai chi. 2-person exercises; the 'Applications' Form; and how to sense another person's energy.

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2) *Evening: 55 Huntingdon Road, East Finchley, N2 9DX.*

Form	Standard	Day/Time	Notes
<b>Yang 16-Step/Qigong</b>	All levels	Wed. 12.00	Qigong exercises & the Yang 16-Step Form.
<b>Yang 10-Step/Qigong</b>	All levels	Wed. 1.00	Good for beginners; breathing, balance, coordination, posture, mobility.
<b>*NEW* Yang 10-Step/Qigong</b>	Beginners	Wed. 6.00	Good for beginners; breathing, balance, coordination, posture, mobility.
<b>Qigong</b>	All levels	Wed. 7.00	2 types of Qigong; breathing; posture; building energy; releasing tension in the body; understanding relaxation.

**Sevenoaks:** *Manor Clinic & The Knole Academy (Thursdays). St.Luke's Church Hall (Fridays).*

Form	Standard	Day/Time	Notes
<b>Tai Chi/Qigong (Manor Clinic)</b>	Beg./Int.	Thurs. 3.00	Qigong exercises & Yang 10-Step tai chi: This is for all levels, and particularly good for anyone who would like to start tai chi.
<b>**NEW** Yang 16 Sword (Knole Academy)</b>	Beginner & Intermediate	Thurs. 6.35	A very short Tai Chi Sword Form for all levels.
<b>Yang 24-Step (Knole Academy)</b>	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.
<b>Qigong/Meditation (Knole Academy)</b>	Beg./Int./Adv.	Thurs. 8.35	Standing qigong (Zhan Zhuang); Dao Yin exercises; yiquan; breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
<b>Yang 16 Form (St. Luke's)</b>	Beg./Int.:	Fri. 12.05	A set of Qigong exercises & the Yang 16-Step Form.
<b>Wu style TC/Qigong (St. Luke's)</b>	Beginner & Intermediate	Fri. 1.05	An introduction to Wu style tai chi, and a set of qigong exercises.

**Longfield:** *The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.*

Form	Standard	Day/Time	Notes
<b>Qigong &amp; Yang 10-Step</b>	Beginner	Fri. 8.00am	<b>** NEW CLASS**</b> Ideal for <b>beginners</b> . Qigong exercises & a short tai chi Form.
<b>Qigong &amp; Yang 16-Step</b>	Beginner & Intermediate	Fri. 9.05am	Qigong exercises & a tai chi Form. If you've done some tai chi before, you are welcome to try out this class.
<b>Qigong &amp; Yang 10-Step</b>	Beginner & Intermediate	Fri. 10.15am	Ideal for <b>beginners</b> . Qigong exercises & a short tai chi Form which we have only just started.







