

# Tai Chi & Qigong Classes – Summer 2022

## Tuesday 3<sup>rd</sup> May – Monday 1<sup>st</sup> August

\*\* NO CLASSES ON: Monday 30<sup>th</sup> May – Friday 3<sup>rd</sup> June incl. (Half-Term)\*\*

**Try any 1-hour class for £5:** And if you join the course after the start of the term, there's no charge for the missed classes.

**More than 1 class a week:** The 1<sup>st</sup> course is charged at full rate; additional courses are **50%** of the course fee.

**BASIL JELICOE HALL:** Drummond Crescent, London NW1 1LE.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 32-Step Sword	All levels	Monday	9 <sup>th</sup> May	1 <sup>st</sup> Aug.	12	6.05-7.00pm	£168
Yang 24-Step	All levels		9 <sup>th</sup> May	1 <sup>st</sup> Aug.	12	7.05-8.00pm	£168
Qigong & Meditation	All levels		9 <sup>th</sup> May	1 <sup>st</sup> Aug.	12	8.05-9.00pm	£168
Yang 18-Step Fan Form	Beg./Int.	Tuesday	3 <sup>rd</sup> May	26 <sup>th</sup> July	12	6.05-7.00pm	£168
42-Step Tai Chi Form	Intermediate/Adv.		3 <sup>rd</sup> May	26 <sup>th</sup> July	12	7.05-8.00pm	£168
Push Hands/Applications/2-Person**	All levels		3 <sup>rd</sup> May	26 <sup>th</sup> July	12	8.05-9.00pm	£168

\*\* See pp.2-3 below for more info

**ZOOM ONLINE** – These classes will be recorded and the cost includes access to the videos.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 10-Step & Sword Intro	All levels	Tuesday	3 <sup>rd</sup> May	26 <sup>th</sup> July	12	12.00-12.55pm	£168
Qigong & Meditation	All levels	Wednesday	4 <sup>th</sup> May	27 <sup>th</sup> July	12	5.00-5.55pm	£168

**East Finchley:** East Finchley Methodist Hall, 197 High Road, N2 8AJ.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step / Qigong	All levels	Wednesday	4 <sup>th</sup> May	27 <sup>th</sup> July	12	12.00-12.55pm	£168
Yang 10-Step / Qigong	All levels		4 <sup>th</sup> May	27 <sup>th</sup> July	12	1.00-1.55pm	£168

**Sevenoaks:** (1) **Vine Baptist Church Hall:** Park Lane, Sevenoaks, TN13 3UP. (Thursday evenings).

(2) **St. Luke's Church Hall:** Eardley Road, Sevenoaks, TN13 1XT. (Thursdays & Fridays - daytime).

Venue	Form	Standard	Day	Starts	Ends	Wks	Time	Cost
St. Luke's	Yang 10 Form / Qigong	All levels	Thursday	5 <sup>th</sup> May	28 <sup>th</sup> July	12	2.45-3.40pm	£168
Vine B.Ch.	Yang 32-Step Sword	Intermediate/Adv.		5 <sup>th</sup> May	28 <sup>th</sup> July	12	6.35-7.30pm	£168
Vine B.Ch.	Yang 24-Step	All levels		5 <sup>th</sup> May	28 <sup>th</sup> July	12	7.35-8.30pm	£168
Vine B.Ch.	Qigong & Meditation	All levels		5 <sup>th</sup> May	28 <sup>th</sup> July	12	8.35-9.30pm	£168
St. Luke's	Yang 16 Form / Qigong	All levels	Friday	6 <sup>th</sup> May	29 <sup>th</sup> July	12	12.05-1.00pm	£168

**New Ash Green:** The Village Hall, Centre Road, New Ash Green, Longfield, Kent, DA3 8HH.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16-Step / Qigong	All levels	Friday	6 <sup>th</sup> May	29 <sup>th</sup> July	12	9.00-9.55am	£168
Yang 24 Form / Qigong	All levels		6 <sup>th</sup> May	29 <sup>th</sup> July	12	10.00-10.55am	£168

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
2 person exercises: developing sensitivity, centring, using energy **	All levels	Saturdays Once a month	May 7 <sup>th</sup> / June 11 <sup>th</sup> / July 2 <sup>nd</sup> / July 30 <sup>th</sup> / Sept. 10 <sup>th</sup> / Oct. 8 <sup>th</sup>			10am-1pm	£35

\*\* See pp.2-3 below for more info

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

# Notes on the Summer 2022 Classes

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

**BASIL JELICOE HALL:** *Drummond Crescent, London NW1 1LE.*

Form	Standard	Day/Time	Notes
Yang 32 Sword	Beg./Int./Adv.	Mon. 6.05	A Tai Chi Sword Form. Beginners are welcome to try it out.
Yang 24-Step	Beg./Int./Adv.	Mon. 7.05	Two groups - 1) Beginners, and 2) Intermediate/Advanced.
Qigong & Meditation	Beg./Int./Adv.	Mon. 8.05	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.
Yang 18-Step Fan	Beg./Int	Tues. 6.05	Beginners welcome.
42 Combined Routine	Beginners	Tues. 7.05	A set of Qigong exercises & the Combined Tai Chi form that includes different styles of tai chi.
Pushing Hands & 2-Person Exercises **	All levels	Tues. 8.05	This class is open to all levels including beginners. It does not involve learning a tai chi Form, but is about techniques/skills using 2-person exercises.

\*\* See pp.2-3 below for more info

**ZOOM ONLINE - These classes will be recorded and can be accessed if you miss the class.**

Form	Standard	Day/Time	Notes
Yang 10-Step/& Sword	All levels	Tues. 12.00	A set of qigong exercises and the tai chi form
Qigong & Meditation	All levels	Wed. 5.00	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.

**East Finchley:** *East Finchley Methodist Hall, 197 High Road, N2 8AJ.*

Form	Standard	Day/Time	Notes
Yang 24-Step/Qigong	All levels	Wed. 12.00	Qigong exercises & the Yang 24-Step Form.
Yang 10-Step/Qigong	All levels	Wed. 1.00	Good for beginners; breathing, balance, coordination, posture, mobility.

**Sevenoaks:** *Vine Baptist Church (Thursdays); St. Luke's Church Hall (Thursdays & Fridays).*

Form	Standard	Day/Time	Notes
Yang 10-Step/Qigong (St. Luke's)	Beg./Int.	Thurs. 2.40	Qigong exercises & Yang 10-Step tai chi: This is for all levels, and particularly good for anyone who would like to start tai chi.
Yang 32-Step Sword (VBC)	Beg./Int.	Thurs. 6.35	A short form for the double-edged sword. This is open to all levels, and beginners are welcome.
Yang 24-Step (VBC)	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.
Qigong/Meditation (VBC)	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.
Yang 16 Form (St. Luke's)	Beg./Int./Adv.	Fri. 12.05	A set of Qigong exercises & the Yang 16-Step Form.

**New Ash Green:** *The Village Hall, Centre Road, New Ash Green, Longfield, Kent, DA3 8HH.*

Form	Standard	Day/Time	Notes
Yang 16-Step / Qigong	Beg./Int..	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.
Yang 24-Step / Qigong	Beg./Int..	Fri. 10.10am	Qigong & health exercises & a tai chi Form.

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

Form	Standard	Day/Time	Notes
Push Hands & 2-person Exercises	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.

# Notes on 2-Person Classes

Both the Tuesday 8.05pm class, and the Saturday courses will focus on

- Learning how to relax
- The use of the movements in Tai Chi Form (applications)
- Applying the movements so that you maintain your own integrity (centre of balance)
- Finding & working from the centre/core/Dantian
- Developing the sense of 'feel' when working with someone else
- Connecting your centre to your hands
- Turning a partner's energy around so as to unbalance him/her
- We might also use some parts of 2-Person Forms in order to explain applications

## **Posture, Balance, and Intention.**

By far the most important part of these classes is developing the ability to sense and be aware not only of one's own posture, balance, and intention, but also that of another person.

## **Relaxation.**

Many of the exercises are ultimately about the ability to act from a very relaxed body and mind, so that (for example) if someone pushes towards you, you don't 'lock up' (the instinctive reaction), but instead you sense the push, and divert it. Initially it is this 'locking up' (which in effect makes you unable to move), that we are working on undoing.

This is about getting more control of your sympathetic nervous system (fight & flight), the 'stress' system, so that in difficult situations, you 'roll with the punches' better.

Unlike other classes, this class does *not* focus on learning sets of movements.