



Master Classes with Sifu Ding

In Italy in Predore (Bergamo)

Work on Tai Chi Chuan principles

- ~ Open class
- ~ Advanced class

Snake Form

Tai Chi Chuan workshop run by master **Ding Teah Chean** and master **Alan Ding**. 6th and 7th Generation Yang style Tai Chi Chuan.



Master Ding, an international Tai Chi Master, has extensive theoretical and practical knowledge of the Traditional Yang Style Tai Chi Chuan and he is one of the few teachers in the West able to teach the higher aspects of this Art through clear demonstration. Master John Ding applies an 'open' approach to his teaching, as he believes that the true key to learning is experiencing the very essence of Traditional Tai Chi Chuan

Work on Tai Chi Chuan principles

Open class

Sunday 2 June 2019

time: 09.30/12.00 am - 1.00/3.30 pm

A chance not to be missed by any Tai Chi Chuan practitioners - Beginners to Advanced - seeking to further their understanding and improve their standards of Tai Chi Chuan.

At the end of this workshop, you will have gained a better understanding and clearer insight of different aspects of traditional Tai Chi Chuan.

You will also learn how to apply and integrate the concepts and principles of Chi Kung and the traditional form so these become "alive", dynamic and most important, functional.

This is key to improving and achieving an high level of proficiency in Tai Chi Chuan. There will be hands-on tuition and plenty of opportunity to ask questions. You will have an opportunity to *Gau Sau* (exchange hands) with the master and his students. It is suitable for practitioners of all levels and styles, including 'external' martial artists interested in the 'internal' styles.



Advanced class

31 May, 1 June 2019

time:

Thursday 10.00/12.30 am - 1.30/4.00 pm

Saturday 10.00/12.30 am - 1.30/4.00 pm

This course is open to Tai Chi practitioners who have at least two or three years Tai Chi Chuan experience.

Snake Form

29-31 May, 1 June 2019

orario:

Wednesday 10.00/12.30 am - 1.30/4.00 pm

Thursday 10.00/12.30 am - 1.30/4.00 pm

Friday 10.00/12.30 am - 1.30/4.00 pm

Saturday 10.00/12.30 am - 1.30/4.00 pm

This course is open to Tai Chi practitioners who have at least three years Tai Chi Chuan experience and who have complete the traditional form.



Information and fees

Work on Tai Chi Chuan principles (Sunday)

one day € 100.00

+ €20 with payment after 30 April

Work on Tai Chi Chuan principles (Advanced Course)

one day € 120.00

two day € 220.00

+ €20 each day with payment after 30 April

Snake Form

members € 500.00

non members € 550.00

+ €50 with payment after 30 April

Places are limited, You are advised to book early.

To book, please complete the online form on this website:

www.associazioneamrita.it/masterclassesDing2019

(Once paid, fees are non-refundable)



Place

The workshop will take place in Predore, a village on the Iseo Lake's shores, in Bergamo province.

Predore is about 40 minutes from 'Milano Bergamo Orio al Serio' airport.

Transport

Trasport from airoport (BGY) to the accomodation (in Predore or near) is provided by Amrita association.

Lunch

At "Dall'Angelo" restaurant, € 10 on order.

Contacts

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For any informations contact Amrita association or Master Ding Academy.

