

Work on Tai Chi chuan principles and Adavenced course

Tai Chi Chuan workshop run by master Ding Teah Chean. 6th 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 demostration of the internal energy: the Chi.

Master John Ding applies an 'open' approach to his teaching, as he belives that the true key to learning is experiencing the very essence of Traditional Tai Chi Chuan

Work on Tai Chi Chuan principles

9-10 December 2017

time: saturday mondey 10.00/12.30 am - 01.30/04.00 pm 09.00/12.00 am - 01.00/04.00 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.

The special master classes will be held over two days: Saturday and Sunday. At the end of this workshop, you will have gained a better understanding and clearer insight of different aspects of traditional Tai Chi Chuan.

Applied Tai Chi Chuan is about learning and applying the three pillars of Tai Chi Chuan:

-concentrating energy

- -circulation energy
- —applied energy.

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.

Master Classes Theme

Tai Chi Chuan principles: **sensibility training** focusing on

- Teng Jin: listening
- Dong Jin: understanding

Applications

- Touching
- Linking
- Adering
- Following
- not confronting or disengaging

Advanced Course

7-8 December 2017

time: thursday 02.00/05.00 pm friday 10.00/12.30 am - 1.30/04.00 pm

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

Course fee early payment before 10th November 2017

Work on Tai Chi Chuan principles

one day € 100.00 two days € 175.00

Advancede Course

€ 180.00

Course fee after 10th November 2017

Work on Tai Chi Chuan principles

one day € 120.00 two days € 200.00

Adavanced Course

€ 200.00

Places are limited, You are advised to book early. To book, please complete the online form on website www.associazioneamrita.it/masterclassesDing2017

(Once paid, fees are non-refundable)





Place

The workshop will take place in the gym hall "Trello" of Lovere, a village on the Iseo Lake's shores, in Bergamo province. Lovere is about 40 minutes from 'Milano Bergamo Orio al Serio' airport.

Transport

Trasport from airoport to the accomodation (in Lovere or near) and from the accomodation to the practice hall is provided by Amrita association.

lunch

At 'Aurora' restorant \in 10/11 on order.

Contacts

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For any informations contact Amrita association or Master Ding Academy.

