



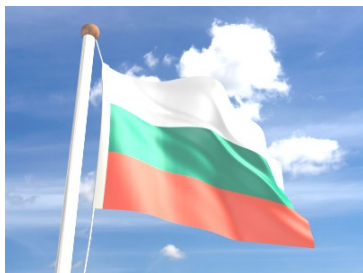
**8TH TCFC  
CONGRESS/FORUM  
2009, 11-16 JULY  
RUSE, BULGARIA**



**This year's event will take place from 11th to 16 of July in the city of Ruse, Bulgaria, South-Eastern Europe.**



*The host of the event is KALAGIA Association on behalf of its Chairwoman Mrs. Maria Nedelcheva.*



**ABOUT THE LOCATION**



Ruse is a charming European city on the south bank of river Danube inhabited by open-minded and friendly people. Here you can stroll for hours along the down-town promenades with elegant 19th century houses or take one of the numerous seats in flower gardens where fountains sprinkle freshness in the air. You will probably find Ruse a great place for going out with its superb and reasonably priced restaurants, delightful street cafes and good clubs.

**Getting there**



Ruse is located in the Northern part of Bulgaria, at a 4-hours drive from the capital Sofia and less than an hour drive from the capital of Romania – Bucharest. A number of low-cost airlines serve both capitals – EasyJet, WizzAir, SkyEurope, MyAir, etc. There are also regular bus and railway connections to most of the capitals in the region.

**The Venue**

The event will take place on selected sites in the town of Ruse – city park near the river Danube, city central square and Kalagia sporting halls, as well as in the valleys of National park Rusenski Lom.



**Accommodation**

All participants can enjoy accommodation from 10<sup>th</sup> – 17<sup>th</sup> July in

➤ **Apartments** at attractive prices / limited number of rooms/ from 5 to 7 Euro/person/per night in double room,

➤ **Hotels** 3 and 4-star city hotels at prices starting from 20 - 42 Euro/person/per night in double rooms.

For details – [www.tcfe2009.org](http://www.tcfe2009.org)

**THE PROGRAMME**

We offer a range of options and forms for attending the Congress/Forum 2009. You can attend it for the weekend or full basis. Our teaching programme starts on Saturday morning at 11.00, after our official opening meeting.

**10.07. Friday**  
Arrival, accommodation, technical conference

**11.07 Saturday**  
09:00 - 10:00 - opening ceremony  
11:00 - 12:30 - workshops  
15:00 - 17.30 - workshops  
20.30 - 21:30 - Gala-teachers

**12.07 Sunday**  
09:00 - 12:30 - workshops  
15:30 - 18:00 - workshops  
**"tui shou"** – every evening, outdoors (in parks and gardens or other places with nice atmosphere)

**13.07 Monday**  
09:00 - 12:00 - workshops v National natural park  
15:00 - 18:00 - workshops, picnic, sightseeing of UNESCO-protected Rocky Churches  
In the evening if you wish – wine-tasting of famous Bulgarian wines + possible dinner with spectacular night view of Ruse, river Danube and the city of Giurgiu in Romania.

**14.07 Tuesday**  
09:00 - 12:30 - workshops  
15:00 - 17:30 - workshops  
19:30 - *Evening Party "Taijifriends"*

**15.07 Wednesday**  
09:00 - 12:30 - workshops  
14:30 - 17:00 - workshops  
8.15pm - 9.00 pm - Mass performance of all participants and guests of TCFC Forum/Congress 2009 - Associations and individuals. Every association will perform at a separate place with an opportunity to offer its advertising materials. Venue: Central Square Ruse  
9.00pm - 'Night Show of Martial and Stage Arts' Venue: Central Square Ruse  
For participation: visit [www.tcfe2009.org](http://www.tcfe2009.org)

**16.07 Thursday**  
10.00 - 12:30 - workshops  
15:00 - 18:00 - workshops

7:30 pm *Farewell dinner* – please visit the website Venue: "Chiflika" Tavern - Special price 15 Euro / person / **Paid in advance with the fee!**

The menu incl. traditional Bulgarian cuisine - a salad, appetiser, main dish /baked pork and chicken on plate and vegetables/, a selection of dried traditional Bulgarian salami, traditional Bulgarian bread, 100 gr. of rakia, 1/2 white or red wine, a bottle of mineral water and non-alcohol drink of your choice. Attractive entertainment show. Prepare to learn to dance :)

**17.07 Friday**  
Departure *Or... you may stay for 2,3,4... more days!?*

**Workshops**



Every morning after 9.00 and in the afternoons there are workshops for 2 ½ and 3 hours. Most of them take place in the open green spaces of the city park. It includes body mechanics in pushing hands, application of the inner form, taiji Qigong, San Shou Partner Form, Yang style forms, Taiji movements' reading and taiji neigong, Taijijian, Fu Style Pa Kua Yin Palm, Chen Style, Tuishou with shanshou, etc.

**Open-air events**

A number of open air events are included in the program: Gala-demonstration of teachers, "tui shou" in the parks and gardens and places with nice atmosphere, workshops in the countryside on the territory of National Park "Rusenski Lom", Evening party "Taijifriends" – attend a lesson in Bulgarian folk dancing, taste the fiery Bulgarian grape brandy, Mass performance of all participants and guests and of course the

**Night show of martial and stage arts**

Which will take place on the city central square where everybody is invited to take part in the show – teachers, students and guests to the Forum. *Request a participation – see how on the website [www.tcfe2009.org](http://www.tcfe2009.org)*



## THE TEACHERS



**Nils Klug** has studied Tai Chi Chuan since 1988 and has been teaching since 1990. In the same year, Nils began studying with Master William C. C. Chen, and became his certified instructor in 1993, the same year he founded his own Tai Chi Chuan school in Hannover, Germany. Aside from his personal training with eminent instructors such as William C. C. Chen & Dr Tao Ping Siang. Nils has been an active promoter of tai chi chuan through his annual Push Hands Meeting, the largest push hands meeting in Europe, and his regular teaching in Europe.

**Workshop:** Bodymechanics as taught by Master William C. C. Chen. We will work on the bodymechanics in pushing hands and application and the form. Open to all levels.



**Dan Docherty** has studied tai chi chuan since 1971 with Master Cheng Tin Hung. In 1980 he was the South-East Asia Open-Weight champion. Dan is a founder member of both the Tai Chi Union for Great Britain and the Taijiquan & Qigong Federation for Europe where he serves as President. He has published a number of books including Complete Tai Chi Chuan and Instant Tao and has produced a number of DVDs. His Tai Chi school is known as Practical Tai Chi Chuan and Dan regularly teaches in a number of European countries.

**Workshop:** "Applications of the Inner Form" For all levels.



**Ronnie Robinson** has studied taijiquan since 1981 and is a full-time professional instructor who is also a regular at major European events. He is an active promoter of internal arts who serves as Secretary of the Taijiquan & Qigong Federation and is editor of Tai Chi Chuan & Internal Arts magazine (UK). He has published a number of books and articles on tai chi chuan and two DVD's. Ronnie also organizes an annual international internal arts event in his native Scotland.

**Workshop:** Taiji Qigong (1<sup>st</sup> & 2<sup>nd</sup> 18)



**Cornelia Gruber Bilgeri** At the age of eighteen she fell in love with Tai-Chi Chuan at a major martial arts exhibition in New York.

Her first tai-chi teachers were John Chung Li, T.T. Liang and William C.C. Chen, then she changed to the school of Bow Sim Mark. She has been studying internal arts for over 30 years and teaching for over 25 years in her own schools in La Chaux-de-Fonds and Neuchâtel, Switzerland.

Her syllabus includes Combined Tai-Chi Chuan, Fu-style Tai-Chi Chuan, Sword, Sabre, short Stick, Fan, Leung Yee Chuan, Tui Shou, San Shou and Qigong. She teaches seminars in Europe and regularly attends international meetings.

Cornelia serves as a member of the Executive Committee of the TCFE (European Federation for Taijiquan and Qigong) and the ASQT (Swiss Association of Qigong and Taijiquan) and organizes a bi-annual international meeting of Tai-Chi Chuan and Qigong, Tai-Chi Tcho in Switzerland.

**Workshop:** San Shou Partner Form

It is essential to practice Tai-Chi Chuan with a partner for better understanding of the solo form. Partner work puts the movements into context and trains the player's co-ordination as well as the different jings (applied qi) such as: Ting Jing (listening), Hua Jing (changing), Fa Jing (expressing). The class will be useful for intermediate and advanced tai-chi chuan players.



**Anya Meot** studied Tung style taichi since 1975, continues with Tung Kai-Ying until now, and began teaching in 1979 in Paris. She also teaches all over France, in Spain, Italy, Russia, Germany, Greece, She founded in 1989 the french traditional taichi federation which is now, as the FFWaemc, (French wushu, Chinese energetic and martial arts' federation), recognized by French government, and by the IWUF; vice president until end of 2008, she is mostly now member of the CTP (technical panel of 3 people that are in charge of all the technical aspects. She has been also one of the TCFE founders and vice president until end of 2007.

**Workshop:** What means "turn waist" in yang taichi traditional form, and in traditional tuishou. What is the center around which we turn and what can we do to get efficiency in different martial applications, roots, center, spirals, and in tuishou. How the different speeds also contribute to give strength and deepness in the forms, t in the internal aspects as well as in the martial aspects.



**Antoine Ly** has learned traditional taiji martial arts with Master Deng Shi Hai since 1972 in Taiwan. Even if he has began to teach taiji martial arts in 1978, in France, Antoine still visits his master at Taiwan almost each year, and has a cup of tea with him. Author of two french books, « L'Art du Taijiquan, le Dao et le Qi » (1990), « Qigong Dynamique » (2006), and a DVD « Qigong Dynamique » (2007), Antoine belongs to the French National Technical Juges Committee since 1989 until nowadays.

**2009 Forum workshop subject: Taiji movements' reading and taiji neigong**

As a martial art, it is more interesting and more important to know both movements (visible part) and 13 potentials (invisible part) of taiji quan (or tai chi chuan), and try to understand why it is considered as the ultimate one, at least theoretically. P.S. : 13 potentials : peng, lu, ji, an, cai, lie, zhou, kao, jin, tui, gu, pan, ding.



**Severino Maistrello** has studied martial arts since 1973 and teaching for over 25 years. He is inside student of Sifu To Yu disciple of Fu Cheng Song and studied Fu Style Tai Chi and Pa Kua. He founded the Wudang Fu style Federation where he serves as head instructor. He has published a number of articles on tai chi chuan, On Zon Su (Taoist massage) and two DVD's. Is chairman of the Hong Kong Northern and the Southern Martial Arts Association and member of World Kung Fu Master Association. His syllabus includes Fu Style Tai Chi Chuan, Fu Style Tai Chi Push Hand, Fu Style Tai Chi Sword, Fu Style Tai Chi Broadsword, Fu Style Tai Chi Spear, Fu Style Tai Chi Staff, Fu Style Tai Chi Lighthing Palm, etc.

**Workshop:** Fu Style Pa Kua Yin Palm

It's consists of pa kua chi kung and the study of Yin Pa kua and this form is very interesting for the practitioners of tai chi because this form contains the tai chi and pa kua essence. This is a characteristic form of the Tan Pai school and I think that this is very interesting.

For all levels.



**Alain Guilleux** is a member of the FFWaemc, he has studied Taijiquan since 1998. His teacher is Master Lee Lo Wei (Lac-Le My), disciple of Master Feng Zhi Qiang for France. He became his certified instructor in 2008. He has beginning Teaching since 2007 in Paris.

**Workshop :** About Chen Style. Initiation to 24 form of Xin Yi Hunyuan taijiquan Chen style.

Training : Qigong preparing to the form; Movements (solo and with partner).

Meaning of practice: - the 3 circles; the 3 spheres; the 3 times and the main point, the Yi.

**Public :** People who are interested to discover Chen Style in his traditional, deep, and subtle approach.



**Marianne Plouvier** has studied Yang style taiji since 1990 with Antoine Ly, has won a number of medals at various competitions in France, Europe and Taiwan, has worked actively with the French Tai Chi Associations and regularly judges at major European competitions.

**Workshop:** "Tuishou with a choice of a sequences from sanshou"



**Maria Nedelcheva** has practiced wushu, taijiquan and qigong since 1985. European Cup vicechampion / taijiquan 42 (1995 European Wushu Federation official championship). She established Center Kalagia in 1989 /Kalagia Association/. Styles and teachers : -Traditional Old Yang's Taiji / quan, sabre, sword/: Teng Shih Hai, Yang Ting Wei, Antoine Ly-Official Yang taiji style/ quan&weapons/ : Li Qiao Ling, Xiao Qin, Sun Zheng Quan-Wushu /Chang quan, jian , dao, gun, qiang and shaolinquan, gun, jian/ :Li Qiao Ling, Xiao Qin , Sun Zheng Quan, Li Ya Jun, Valerii Malakhov.-Qigong : Lin Kai Ting, Sun Zheng Quan, Wang Jian Jun.

**Workshop:** Elegance **32 taijijian** / taiji sword. Basic technics and the form.

A team of three and gifted performers of wushu & taiji, the admired tutors of KALAGIA Center (Kalagia Association) **Iskra Boneva, Ivan Deskov and Tanya Tsankova**. They will lead you in basics of wushu and short basic forms (taolu): changchuan, dao, jian, gun (fist, sabre, sword, stick). Suitable for beginners and advanced, for all ages, no limitations. Beneficial, healthy, nice.



**Iskra Boneva** practices wushu and taiji since 2003. Many times winner of national contests. Styles and teachers:

Wushu and official Yang's taiji - Maria Nedelcheva.  
Traditional Old Yang's Taiji - Antoine Ly, Maria Nedelcheva.



**Ivan Deskov** practices wushu and taiji since 2001. Many times national champion in wushu and taiji. Winner in many international contests. Styles and teachers: Wushu and official Yang's taiji - Li Qiao Ling, Maria Nedelcheva.  
Traditional Old Yang's Taiji - Antoine Ly, Maria Nedelcheva



**Tanya Tsankova** practices wushu and taiji since 2002. Many times winner of national contests. Styles and teachers: Wushu and official Yang's taiji - Maria Nedelcheva.  
Traditional Old Yang's Taiji - Antoine Ly, Maria Nedelcheva.

## YOUR OPTIONS



In order to make the Forum/Congress accessible to everyone we have created a number of options for you to attend the event.

Over the weekend you can drop in on a non-residential basis for either day, or stay for the full time. As the week-long sessions are more in-depth it is advisable to stay on a residential basis to get the most from your time with us.

### A: Full Stay in apartments

Arriving on Friday 10th and departing on the morning of Friday 17 July, your stay will include (price per person) participation fee – 170 Euro, accommodation in an apartment in double rooms for 7 days – 35 Euro, 7 lunch breaks – 35 Euro and a farewell dinner - 15 Euro Total **€ 255**

### B: Full stay in a hotel

Arriving on Friday 10th and departing on the morning of Friday 17 July, your stay will include (price per person) participation fee – 170 Euro, accommodation in a hotel in double rooms for 7 days – 140 Euro, 7 lunch breaks – 35 Euro and a farewell dinner - 15 Euro Total **€ 360**

### C: Weekend stay in a hotel

Arriving on Friday 10th and departing on the morning of Monday 13 July, your stay will include (price per person) participation fee – 100 Euro, accommodation in a hotel in double rooms for 3 days – 60 Euro, 3 lunch breaks – 15 Euro Total **€ 175**

**If you are arriving through Bucharest (Romania) transportation will be arranged at the price of 15 Euro in one direction and 30 Euro in both directions. The shuttle will be traveling between Otopeni Airport to Ruse Centre.**

**Book and pay 170 € before 11<sup>th</sup> May and get a free event T-shirt! Book and pay 170 € before 11<sup>th</sup> June! Booking after 11<sup>th</sup> June or at the event – participation fee 200 Euro!**

**Self catering apartments are limited in number and above prices may change if you book after 11<sup>th</sup> June!**



## YOUR BOOKING

Please complete this form, detailing clearly when you want to attend by ticking the relevant box and return it with the correct deposit to the address provided.

### Payment

**The bank account for fee money transfers /in Euro only/ is:**

**! OUR - ALL FEES FOR SENDER !**

**Beneficiary:** SDRUJENIE SPORTEN KLUB KALAGIA

**IBAN:** BG02UBBS80021431604210

**SWIFT:** UBBSBGSF

UNITED BULGARIAN BANK PLC  
BRANCH ROUSSE

Details of Swift bank numbers can be sent on request.

### Booking Conditions

**Bookings** can only be made by paying the appropriate deposit quoted for the time you want to attend. A booking can only be confirmed once the full amount has been received.

Bookings should be made on the form provided on our website at:

<http://tcfe2009.org/includes/form/form.php>

### Cancellations

Cancellations made before May 1 receive 80% refund.

Cancellations made before June 1 receive 50% refund.

Cancellations made after June 1 receive 30% refund.

Cancellations made after June 20 receive no refund.

### Late Bookings:

Any booking after June 11 or at the event – participation fee 200 Euro/person