

## Teachers and Themes TCFE-Forum and Push Hands Meeting 2008

Dan Docherty has studied tai chi chuan since 1971 with Master Cheng Tin Hung. In 1980 he was the south-east 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.

**Theme:** Tai Chi qinna shuai jiao & die pu and their connection to tui shou

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Luis Molera studied Tai Chi Chuan since 1980 & taught since 1984. He studied with Master William CC Chen and in Taiwan with masters like Chen Shiu-Yao (Rosa Chen), Chen Zhi Dan and Jeang Shen Chih. He has won many tournaments in pushing hands, tai chi form, sword, sabre and fan in Europe and Taiwan.

**Theme:** Pushing Hands (Tui Shou): various elements such as rooting/relaxation, posture/coordination and good timing, in order to better understand the meaning of Tai Chi Chuan as a soft martial art and also as a practical tool for everyday situations.

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Sam Masich A passionate and gifted teacher, Sam Masich is one the most accomplished North American practitioners of Taijiquan and the Chinese Internal Arts, having studied full time since 18 years of age. His work as a full time instructor has, in the past 25 years, taken him to over 100 cities and towns in Canada, USA, Mexico, Spain and Germany. Students from around the world have traveled to his Annual Push Hands Training Camps in Vancouver, Canada. The subject of several documentaries, Sam has produced over 20 films on Internal Arts related topics.

**Theme:** The 13 Powers: Four-hands & Da lu:

The '13 Powers' are universally described as the basis for Taijiquan training. However, the connection between this theory and the traditional drills remains unclear for many practitioners. In this unique workshop we will examine through practice, the structure and reasoning behind the most important classical push-hands drills: Si Zheng Tui-shou and Da Lu.

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Rob and Erich Völke followed lessons with William C.C. Chen, Benjamin Pang Jeng Lo, the Chinese master Liu and the followers of Master Huang as well as Patrick Kelly as Wee Kee Jin. The last one even on a yearly basis, also in the year he came to Europe with Yek Sing Ong. In experiencing all these teachers and styles they experienced and developed their own interpretation. They have more than 25 years experience with the yang form but reached the level to interpret other forms in which they also practice the Wu style. At the Cheng Man Ching forum in Germany they were the chief officials for the form judges and referees. By seeking the best in different styles and stand open for different currents you can achieve the best in living, feeling and practising your taiji; that is the open message of Rob Völke. Be yourself in doing your taiji, be your best in doing your taiji. This only means get the best out of yourself by doing taiji.

**Theme:** At the workshop in Hannover they plan to show the in's and out's of push-hands in competition as well as the execution of the taiji principles in push-hands. Always rely on your own taiji.

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Cornelia Gruber, teaching in Switzerland since 1982. 67 movements Combined Tai- Chi Chuan, Tai- Chi Fan, Tai-Chi Sword, Tui Shou, San Shou, Leung Yee Chuan. Cornelia is an active member of TCFE and SGQT

**Theme:**

The Tai-Chi Dragon Form is dynamic, elegant and at the same time with emphasis on applications. The fan is a practical and beautiful weapon which demands special weapon techniques. Some Bagua elements such as circle walking and spirals, are integrated in this Dragon Form. The dragon is at ease on earth and in the air, with fire as well as water. This flexibility comes to full expression in the Dragon Form. The course is for players with a good tai-chi base, since we are going to learn the entire form in 5 (3 hours each) training periods. I am looking forward to it!

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Ronnie Robinson has studied tai chi since 1981 and regularly teaches at major European events. He is the Secretary of the Tai Chi Union for Great Britain, the Taijiquan & Qigong Federation for Europe, Editor of Tai Chi Chuan & Internal Arts (UK) and the European Internal Arts Journal and organiser of Tai Chi Caledonia an annual internal arts event in his native Scotland.

**Theme:** DAYAN QI GONG (Wild Goose)

Dayan Qi Gong was created by Taoists from the Kunlun Mountains in China. This ancient system developed from imitating the movements of the wild geese who is a strong bird who flies long distances. This dynamic system works with a series of slow, graceful movements to gather positive energy and is contrasted with quick releasing movements to dispel negative energy.

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## Angela Menzel

Passionate Taji player since 1991. Fell deeply in love with Baguazhang and especially Tongbei early this Millenium. All three of them are very good Supplements to each other and don't ever want to be missed again! [www.tai-chi-schule-goettingen.de](http://www.tai-chi-schule-goettingen.de)

### **Theme: Tongbei**

In some ways Tongbei and Taijiquan are very close relatives in some ways they follow different ways to the same idea. Repetition of special Jiben Gongs develops certain physical qualities, and peculiar qualities of Qi. After training a handful of them, Jiben Gongs can be put together to forms or just transport their energy into Taijiquan Forms and enrich tui shou skills.

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Henk Janssen has been learning Tai Chi Chuan since 1976. He mainly practises Yang style according to Cheng Man Ching. His most important teachers are: Y.T. Phoa, Rob and Erich Völke and Daniel Smith. He has also taken part in various workshops with Benjamin Lo, William Chen, Lau King, Lauren Smith and Wee Kee Jin. Henk has been teaching and giving workshops since 1985. Push Hands is one of his "favourite tools". He loves to refine his style and to share his ideas with other Tai Chi practitioners. He has taken part in several push hands competitions in the Netherlands and abroad. He has won push hands gold medals at various events.

**Theme:** Connecting , Opening and Closing in Push Hands.

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Sonja Blank

Taijiquan and Qigong since 1988, experience in singing, pantomime, dance. My main interest is to research how movement can develop in the area beyond fixed form and how Qigong experiences can be combined with Taijiquan.

**Theme:** Rooting; "The legs root in the feet." This proposition will be examined during the workshops. The focus is on seven different points that can be perceived in the feet, that can be weighted differently and that can be useful in the process of rooting oneself. The "Qigong state" forms the basis for this exploration. Both beginners and the more experienced can benefit from this process and then experiment further with the experiences gained.

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## Lauren Smith

Born in 1967, 20 years training Taijiquan, 15 as a teacher.

BA and MA in Chinese with final papers on Taijiquan.

Winner of several international tournaments.

Considerable experience in Western movement techniques and meditation.

**Theme:** Softness and Strength in Pushing Hands.

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Fernando Chedel: After initial study of karate and yoga, in 1973 he began learning Tai Chi Chuan from Master Ma Tsun-Kuen in Buenos Aires. This Tai Chi Chuan is related to, but not identical to, Yang style. He continued his training with Master Ma until the latter's death in 1993, by which time Fernando was Master Ma's top student and designated successor, and had founded the leading Tai Chi school in Argentina. Since then he has continued his development, now regularly teaching his students in Spain, Germany and France. In early 1995 he took up residence in Spain.

**Theme: Looking inside the postures: the natural play of peng-jin, lü-jin and other Tai Chi energies within postures and applications.**

In these workshops we will examine and practice selected, mostly well-known postures/applications as "containers" for the basic Tai Chi energies. We will discover and feel how the same few energies can be combined almost infinitely to create applications, and how the focus on these basic energies causes the applications to arise spontaneously.

Participants are welcome to suggest particular postures/applications for study.

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Maria Nedelcheva has practiced wushu, taijiquan and qigong since 1985. European Cup vicechampion / taijiquan 42 1995 (European Wushu Federation official championship). She studied the theory and practice of traditional Chinese drama, and more particularly its martial aspects. Styles and teachers : Traditional Old Yang taiji : Teng Shi-hai, Yang Ting-Wei, Antoine Ly Official competition and orthodox Yang taiji style : Xiao Qin , Sun Zhengquan Chang quan, jian , dao, gun, qiang and shaolinqun, gun, jian : Xiao Qin , Sun Zhengquan, Li Yajun, Valerii Malakhov. Qigong : Lin Kai Ting, Sun Zhengquan, Wang Jianjun Seminars with : William C.C. Chen, Zhou Yi, Dan Docherty, Sheng Fei . Seminars / chinese traditional medicine and massage : Dr Chan Qia

Theme: **Taijijian 32** - a soft, beautiful style: movements, technique, skills, features.

Web site : [www.kalagia.mlnk.net](http://www.kalagia.mlnk.net)

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About Madame Lac Le-My. From 1979 Taiji quan Yang style and combined style. From 1989 Chen style with Master Wang Xian. 1991 founder of "Centre Promotion Taiji quan style en France". From 1993 Xinyi Hunyuan school (Chen style) with Master Feng Zhiqiang (Beijing). From 2002 disciple of master Feng Zhiqiang. 2003 founder of "Centre Hunyuan France" (www.hunyuanfrance.com) and instructor of Zhiqiang Martial Institut in France. From 1993, reward of several prizes for national and international championships, included EuropeanTCFE Championship sword 1er price(St Petersburg 2004), International Competition at Zhengzhou Chen routine 2<sup>nd</sup> price (2005)

Theme: Taiji bang qigong. Qigong Taoist exercises with a short stick called Taiji bang stimulate the hand's meridians, stretch softly the body and strong the Dan Tian qi.

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Joppe Douwes has more than 20 years experienced in a wide range of martial arts. He has a lot of teaching experience in Tai Chi, karate, kickboxing, fitness and self defence. Also trained in kung fu systems, aikido, judo, and studied massage therapies, acupuncture, nutrition, physiology and anatomy.

He teaches full time in Holland and abroad, Also he is often ask jury for tai chi competitions.

His main tai chi teachers are Lauren Smith and Scott Rodell.

Themes:

push hands: The workshop will be about the use of technicks and youre natural abilities like strenght and flexibility. We go looking for a individual approach for often occurring situations.

waepon: The old Yang style Dao will be teached. Joppe will teach applications, basic cuts and form from the dao (sabre) also the difference in use with the sword.

The Dao is different in use than sword because of the shape and the historical context.

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Wilhelm Mertens has been teaching Taijiquan and Qigong in Hamburg for many years. He is also active as a guest teacher in Germany and abroad and plays a major role in both Taijiquan and Qigong teacher training programmes. His training as a Bioengineer and his 10 years of experience in social work give his teaching extra dimensions. For many years he was the chairman of the Taijiquan & Qigong Network Germany. Since then he has been the Honorary President. From 2003 to 2005 he was the chairman of the DDQT (German Umbrella Organization for Qigong & Taijiquan).

### Staff workshop

On Thursday and Friday for 3 hours each day: teaching of basic exercises and a form as taught by B.P. Chan. A staff almost as long as oneself and c. 35 mm thick is the medium through which all movements and energies are transferred. Partner exercises are also taught in order to deepen understanding of the essence of the movements. If possible please bring your own staff

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**Roberto Benetti** lives and works in Vicenza, where he founded P.M.C Association. He teaches and practises Tai Ji Quan, Chen and Yang style, Tai Ji sword, Nei Gong, Qi Gong, Tuishou and Xin Yi Quan. He has been practising for more than 10 years with Master George Xu and Master Flavio Daniele. Besides Chinese Martial Arts, he teaches Mathematics Sciences and Statistics, cooperates with the University of Padua for projects to recover subjects suffering from disabling pathologies.

He deals particularly with teaching methodologies and with the relationship between Science and Holistic Disciplines. He is the author of essays, articles and didactic videos on Tai Ji Quan.

He practises Chinese traditional massage (Tui Na) according to the teachings of Doctor Gordon Xu.

He is founder member of WACIMA (Worldwide Association for Internal Martial Arts), for which he is Secretary and responsible for the instructors for Italy.

**Themes:**

Sat 9.02	15-16.15	Tai Ji Sphere Qi Gong
Sun 10.02	8.30-9.30	Warm up qigong
	10.00-13.00	Aware body movement: the gate to enter Qigong. Golden bell Qi Gong
Mon 11.02	8.30-9.30	Dragon gate qigong
	10.00-13.00	Beyond the technique: how neigong becomes qigong
		Xin Yi Qi Gong

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Massimo Coltello

Is the most skilled student of Mario Napoli, NY. Details will follow.

**Theme:** Push Hands for beginners.

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Thierry Alibert: Details will follow

Theme: push hands