

Residential Courses

12*-15 - April Wing Chun Residential Course



The more we practise Chi Sau with different people, the more we can develop our Wing Chun skill. This course gives you just such an opportunity. Even as a beginner, you will see tremendous progress by the end of the course as you will be able to go through each of the three Wing Chun forms of Siu Lim Tao, Tsum Kiu and Biu Tze. You will also be working on the weapon forms of Baat Jam Dao, the wooden pole and wooden dummy. If you want your Wing Chun to be good, then don't miss this course. If you find you already have a

good standard, then don't miss this course either as you will get even better!

*Please note: The 12th of April is the arrival day. Teaching begins on the morning of the 13th of April.

18*-21 August - White Monkey Staff Residential Course

This is the second staff form in the Chun Yuen Quan system. It is a dynamic, flowing form that is both challenging and beautiful. White Monkey Staff is good for creating good circulation, making joints more supple and for improving coordination and overall health. Many Chinese martial art skills copy animal movements and particularly their spirit. For Chinese people, the monkey is a playful animal with agility and lightness. If we practise White Monkey Staff more, then our bodies will become lighter and healthier, like a child's

*Please note: The 18th of August is the arrival day. Teaching begins on the morning of the 19th of August.



23*-26 August - Cotton Fist Residential Course



This form is an unusual Qigong form in that it develops our martial energy not just relaxation and softness. The Kunlun Dayan Qigong system has many forms, some are more gentle, like the Wild Goose Qigong, whereas there are others that are vibrant and dynamic. Cotton Fist is a very special form that develops strong Qi in the bones and develops this energy to go to the fist. So Cotton Fist is not only very good for health as a Qigong exercise, helping to release toxins from the bones and creating strong circulation, but it is also develops fast movement and martial skill.

This will be the first time this form has been taught by Master Tse.

To join this course one must have studied/held a current Tse Qigong Centre membership for one year and currently be studying in classes or seminars with the Tse Qigong Centre, unless prior approval is given.

*Please note: The 23rd of August is the arrival day. Teaching begins on the morning of the 24th of August.

Final payments received after 30 March 2012 for April residential course or 21 July 2012 for August residential courses will incur an additional £40 late fee. If you would like more time for final payment, please call Tse Qigong Centre office to make arrangements for this.



Cotton Fist
White Monkey Staff
Enlightenment Gong
Er Lang Quan
Wing Chun

December

1 Touch Hands Day - London

2 Peaceful & Calm Meditation - London

Contact Tse Qigong Centre
0845 838 2285 tse@tseqigongcentre.com
www.tseqigongcentre.com

November

17/18 13 Grab Stick - London

September

22/23 Enlightenment Gong - London

29/30 Hard Qigong Level II - London

August

11-17 August Wild Goose Qigong & Chun Yuen Quan Instructor Course (Invitation only)

18-21 August White Monkey Staff Residential Course

23-26 August Cotton Fist Residential Course

April

12-15 April Wing Chun Residential Course

Residential Courses

Do not worry about people not understanding you - worry that you do not understand other people.
Confucius

“When you are not well - repeat Dayan Qigong ten thousand times then all the problems will be sorted.”
Michael Tse

“Passion is the key for high level development.”
Michael Tse

May

19/20 Chen Taijiquan Laojia - London

June

30 Annual Tse Qigong Centre Picnic - London

September

22/23 Enlightenment Gong - London

29/30 Hard Qigong Level II - London

February

11/12 Chen Taijiquan Instructor Course - London (Invitation only)

March

18/19 13 Grab Stick Chun Yuen Quan - London

24/25 Enlightenment Gong - London

April

12-15 April Wing Chun Residential Course

18-21 August White Monkey Staff Residential Course

23-26 August Cotton Fist Residential Course

UK Seminars in 2012

February

18/19 13 Grab Stick – Chun Yuen Quan - London

(Fee: £190/£160 in advance, includes white waxwood stick. Reduction of £30 for those who have already purchased stick.



This is a form which can help develop how to use a short stick for defending oneself against attack. In practical use, a short stick could be substituted for an umbrella or even a walking stick. There is

no need for any previous martial art experience and it is open to all. Thirteen Grab stick is a fun and useful form to practise and learn, helping to keep tendons, arm and finger joints supple.

March

24/25 Enlightenment Gong - London

Developing our intuition or our "Sky Eye" potential is a way of helping us to live longer as we will be able to sense disharmony in the body sooner so that we can then work on healing the problem. We will also be able feel any dangerous situations and so we can avoid them. Opening the Sky Eye potential is a special skill in the Kunlun Dayan Qigong system and can help us live longer and healthier lives. Enlightenment Gong helps us to develop our Sky Eye potential and ultimately, our enlightenment and wisdom, through regular practise.



May

19/20 Chen Taijiquan Laojia - London

The foundation of Chen Taiji is the Laojia Old Frame. This is the oldest of the Chen Taijiquan forms and is the form that the Yang Style of Taijiquan evolved from. It contains beautiful flowing movements that are all based on the principles of Chan Si Jing (Silk Reeling) and rich martial arts applications.

Understanding the principles of this vast form will help us to improve our skill foundation so that we can reach a high level.

June

30 Tse Qigong Centre Picnic – all invited - London



Everyone is invited to attend the third annual Tse Qigong Centre picnic. Enjoy good company and good food.

September

22/23 Enlightenment Gong - London

29/30 Hard Qigong Level II - London

Hard Qigong works to develop the body and internal organs to a super degree of health and condition by using special breathing techniques that are unique to this type of skill. It will help to strengthen the bones and marrow and bring up very strong Qi in the body.

Level II is a progression of the skill for those having completed Level I and builds up even stronger Qi as other objects, like bricks, are used to train the external body. It is very good for those wanting 'super health' or to train their bodies for being able to withstand strong blows.

Note: This seminar is only open to those who have completed and passed the Level I Hard Qigong course and test. Please contact the Tse Qigong Centre for details.



November

17/18 13 Grab Stick – Chun Yuen Quan - London



(Fee: £190/£160 in advance, includes white waxwood stick. Reduction of £30 for those who have already purchased stick.

See description under 24/25 March

December

1 Touch Hands Day - London



This is a day not to be missed. It is a day when you can spar with other Kung Fu brothers and sisters from another discipline. This cross training helps to work both the body and mind. Sometimes the unexpected can happen in attacking and defending, so your weaknesses are highlighted. Touching Hands Day really challenges and develops your martial skill and experience and reactions.

4 Peaceful & Calm Meditation - London

In today's modern and very hectic world, meditation is useful because so many people find it difficult to relax and let go. Our minds think so much that we easily can exhaust ourselves mentally and physically. Therefore, having a way to calm our minds is essential to our good health and well-being.

This meditation is the foundation of Dayan System's meditation skill. It teaches us to calm the mind and settle our energy. Then we have the chance to recharge our Qi and let the mind and body balance. Thus Peaceful & Calm Meditation is very good for letting go of our stress. With continued practice it will help us stay relaxed and calm even when the world seems chaotic and stressful.

When attending this course, please bring along a cushion for sitting on and also a blanket to keep the body warm while meditating.



WEEKEND SEMINAR FEES:

UK fees for seminars (excluding residential & other special seminars which will be noted in description).

1 day - £60 advance / £90 if paid within 8 days of course.
2 days - £120 advance / £150 if paid within 8 days of course.

*CHEQUES must be received at least 10 days in advance of seminar and CREDIT CARD payments at least 8 days in advance of the seminar in order to receive advance discounted fee. If wanting to pay on the day, cash only will be accepted. However, this must be arranged 8 days in advance with the Tse Qigong Centre. Otherwise you will not receive discounted seminar fee.

Instructor Courses - Invitation only

11/12 February
Chen Taijiquan
Instructor Course



11-17 August
Wild Goose Qigong &
Chun Yuen Quan Instructor Course*



*The last two days will be optional polishing and testing days for Chun Yuen Quan. Anyone who has finished the Level II Warm Up is welcome to join in, even if you just want to polish any Chun Yuen form learned, whether completed or not.

Europe & Overseas

• Australia

1 Mar 10th Anniversary Demo
2 Mar Kunlun Twining Hands Bagua
3/4 Mar Joint Opening Gong Part I & II
5 Mar Hard Qigong Level I

• Canada – Duncan BC

23/24 May 13 Grab Stick
25 May Qigong Healing & Diagnosis
26/27 May Joint Opening Gong Part I & II
28 May 13 Grab Stick

• USA

19/20 May Enlightenment Gong
21 May Chen Taijiquan/Wing Chun/Chun Yuen & Qigong polishing night

• New Zealand

7/8 Mar Wudang Sword
9 Mar Introduction to Qigong Healing
10/11 Mar Triple Crossing Spiral Gong

• Denmark

11 May Touch Hands Day
12/13 May Kunlun Twining Hands Bagua

14 Sept Chen Taijiquan 25
15/16 Sept Cotton Palm
17 Sept Chen Taijiquan/Wing Chun/Chun Yuen & Qigong polishing night

• Rome

20 Apr Chen Taijiquan
21/22 Apr Wild Goose Qigong - 1st & 2nd 64
23 Apr Wing Chun Kung Fu

9 Nov Chen Taijiquan
10/11 Nov Wild Goose Qigong - 1st & 2nd 64
12 Nov Wing Chun Kung Fu

• Norway

15 June Chun Yuen Quan
16/17 June Wild Goose Qigong - 1st & 2nd 64

7 Sept Chun Yuen Quan
8/9 Sept Wild Goose Qigong - 1st & 2nd 64