

WTCD 2016 Workshops

Onassis Parungao

How is This Movement used:

Traditional Push hand patterns explained:

Single or double hands full rotation. Feel free to ask what, where and why. Onassis has studied Chinese martial arts since 1984 and comes from an authentic traditional lineage of Sun Style Taijiquan

Gary Donovan

Chen family Dynamic and Yang family Centering Qigongs:

Suitable for beginners as well as intermediate and advanced participants.

Tom Cushing

Tai Ji Quan Moving for Better Balance:

This workshop is a Certified Program, which is endorsed by the CDC and CT Collaboration for Fall Prevention.

David Ritchie

Wu Hao Style Tai Chi

Wu style Tai Chi originated from small frame Chen Style and it emphasizes high compact stances and very direct techniques. Wu Hao Style Tai Chi was developed in China at the turn of the 19th Century in Hobei Province by Wu Yuxiang and his nephew Li Yiyu.

Relaxation, Rooting & Imagination:

Three important internal aspects of Tai Chi will be practiced in this workshop.

Relaxation is the key to allowing Qi movement throughout the body. Rooting is the Form's connection to the ground while Imagination is important for controlling Qi Flow for health and internal power. Practitioners of any level of Tai Chi or Qigong can participate in this workshop.

Malee Khaw

Daoyin Yangsheng Gong (Medicinal Qigong):

The Daoyin Yangsheng Gong Medicinal Qigong set was developed by Professor Zhang Guangde, a renowned health specialist at the Beijing Sport University in China. It combines principles of traditional Chinese medicine and knowledge of acupuncture meridians, physical exercise, and mental cultivation to promote health. In practice, Daoyin Yangsheng Gong is a simple, coherent and beautiful group of movements set to classical music.

Laddie Sarcharko

Checklist Tai Chi by the Numbers:

Tai Chi by the numbers; taking the guess work out of practice. Teachers and intermediate students, beginners could learn from this idea. A detailed mechanical analysis for constructing and perfecting the external aspect of Tai Chi postures or forms, and transitions. How to practice what you practice.

Robert Michael

Guan Qi Fa - Qi Permeating Technique:

Guan Qi Fa is a simple method for creating harmony between mind, body and Qi. Movements of the arms are used to assist the mind in directing the circulation of Qi with the intent to channel the pure essence of the universe into the body while ridding out the impurities."

Spring Rain Cleansing Qigong:

Spring Rain Cleansing Qigong practice is a moving yoga exercise that flushes the lymphatic system, increases vascular circulation and is an effective method for reducing stress, lowering blood pressure, and instilling a sense of calm.

George Hoffmann

Coiling Silk Qigong for joints, energy and flexibility:

In Coiling Silk various parts of the body turn slowly on a stable axis, like the unwinding of a silk cocoon. Exercises gently open and close the joints, improve posture and breathing and develop resilience and suppleness, stimulating life force (Qi) to flow without obstruction.

Primordial Qigong:

A rare and powerful qigong from the ancient Taoist tradition, this exercise system blends the primordial energy of Heaven and Earth with the energy of life within the body to achieve vitality and longevity. This exercise system will help the practitioner improve their martial arts and healing power and improve health and quality of life.

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David Chandler

Sun 10 Form:

This Sun Style short form is a dynamic Tai Chi form that incorporates primal elements of Qigong, Hsing-Yi, Bagua Chuan and Tai Chi Chuan. In addition to being a tremendous exercise workout for increasing strength, flexibility and stamina this form will promote improved balance and softness for the player. A step by step handout of the Sun 10 movements will be given to participants for home use.

Sinking Your Chi: A Push-hands exercise for all levels:

Learning to sink your Chi is an essential skill in both form-work and push-hands. In this workshop Master Teacher David Chandler will teach you how to accomplish this skill with the help of a partner in a push-hands exercise that is both gentle and dynamic. The practice of sinking the Chi has to do with amplifying awareness of internal energy coupled with conscious physical action. This workshop is for all levels and will be beneficial for developing understanding of a major principle of Tai Chi Chuan. It is the underpinning of the classic phrase that "softness overcomes hardness"

Sharon Didato

Five Treasures Qigong:

This introductory Qigong set incorporates fundamental techniques of breathing, movement and relaxation to balance the mind, body and spirit.

Karen Psimer

Sunset Tai Chi Form:

The Sunset form teaches "Center" and how to move thru Center for better balance. This will be a short beginner form which is fun and easy to follow along.

Antonio Suarez

T'ai Chi Applications:

Participants will see and learn self defense techniques taken from the postures in their forms.

Body Alignment Through T'ai Chi:

You cannot feel the flow of Chi without this class. Also, learn how to effectively use the postures to gain strength.

Morris Burch

Energy Circle Walking:

Used for getting rid of energy blockages in the body so you can circulate regular deep breath and relax. This will enable the body and mind to harmonize with the healing energetic mind calming breath.

Yue Hua Wu

24 Tai Chi Basic Form:

"For centuries millions from all ages have practiced Tai Chi daily. The practice of Tai Chi results in improved circulation, digestion, coordination, strength and flexibility. Tai Chi helps to improve the immune system and relax your mind."

Terry W. Neu

Shaolin Temple Exercises: Developing Inner Chi:

This workshop will demonstrate and explore a series of opening exercises to start your daily practice. Simple Qigong movements are combined with Taoist yoga to open the joints, reduce stress, and allow energy to move thru the body. The Shaolin temple exercises are a great way to begin your day as well as a wonderful method of training your open focus throughout the routine. This is a Daoist Yoga and Qigong practice for preparing for your day or setting your intention and warming up before your tai chi practice. The 16 moves loosen the body and increase the flow of Qi.

Robert Gordon

Yang Cheng Fu's - Large Frame 103 -Form:

Yang Family Tai Chi Chuan (first section)

Karen Nichols/James Bendzinski

Falun Gong Standing Exercises:

Unblock areas where energy is congested, stimulates energy within the body, and absorbs energy from the universe.

Falun Gong Sitting Meditation:

This is a way to enter into "ding", a meditative state in which the mind is completely empty, yet aware.

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Joe Pandolfo

Five Animal Frolics, A taste

In the workshop we'll sample a movement from each of the animals, to experience the qualities of internal and external energy in these wonderful exercises. The movements are from a traditional lineage, based on the forms of originator Hua Tao (@ 200 AD).

Stan Baker

Basic Taiji Push Hands and applications:

Chen Taiji Push Hands

Jay van Schelt

Coiling and Spiraling Workshop

Jianye Jiang

Workshop #1

Workshop # 2