

WU KUNG FEDERATION WORKSHOPS

JANUARY TO DECEMBER 2010

THESE WORKSHOPS ARE OPEN TO ALL ABILITY STUDENTS

Prof Li Deyin Seminar : to be confirmed

AT: MORNINGSIDE HEALTH WORKSHOP. 135 BUCKINGHAM RD, BLETCHLEY. BUCKS MK3 5JD

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Website: www.wu-kung-federation.co.uk

SATURDAY WORKSHOPS : 2pm to 5pm

Wu Kung Members £30 - Non-Wu Kung Members £40

SUNDAY WORKSHOPS : 11am to 5pm

Wu Kung Members £45 - Non-Wu Kung Members £55

OPEN DAY WORKSHOPS: 2pm to 5pm

Wu Kung Members £30 - Non-Wu Kung Members £40

To secure your place on a workshop, a non-refundable deposit of £10 is required at least 7 days before the workshop date
(Cheques payable to: WU KUNG UK)

Please contact us 48 hours before the Workshop to confirm your attendance.

Dates are subject to change.

20.02.10 Sat **XINGYIQUAN (HSING I)** (5 Elements. Metal. Wood. Water. Fire & Earth (12 Animals. Dragon, Tiger, Monkey, Crocodile, Horse, Cockerel, Sparrow Hawk, Swallow, Snake, Rhia, Eagle & Bear).
15.05.10 Sat
18.09.10 Sat Characterized with simple and steady movements. Very powerful and direct compact routines.
06.11.10 Sat Xingyi Weapons (Gun) Pole – (Dao) Broadsword – (Jian) Straight Sword – (Qiang) Spear

26.06.10 Sat **SUN STYLE TAIJIQUAN** – Learn the Traditional Sun Style Taijiquan. Direct from the Sun Family.
16.10.10 Sat Peter was trained by the late Madam Sun Jian Yun. This form evolved from the hand & body movements of Wu
04.12.10 Sat style, the leg and waist movement of Xingyiquan and the footwork of Baghuaquan.

KUNG FU. A complete family system containing full and varied techniques : Hand and Foot Boxing, Locks and Throws, Self Defence, Open Hand & Fist Forms, Nerve Points, Evasions, Weapons, 2 & 3 man routines.

OPEN TO ALL KUNG FU STUDENTS

28.02.10 Sun - Grade / 27.06.10 Sun - Grade / 28.11.10 Sun – Grade

06.02.10 Sat **TAIJI SWORD FORM.** New Taijijian training syllabus being taught. Apply Taijiquan Posture and
17.04.10 Sat Theory training to the added element of the sword. 16 Posture Taijijian, 32 Posture Taijijian, 34 Posture
29.05.10 Sat Combined Form Taijijian and 42 Posture Combined Form Taijijian (IWUF competition routine).
04.09.10 Sat Traditional Wudang Taijijian. Traditional Yang Style Taiji Broadsword.
02.10.10 Sat

31.01.10 Sun **TAIJIQUAN 85 POSTURE YANG STYLE** . This is a Traditional Yang style from the direct line of Yang
25.04.10 Sun Chen Fu. This style has been passed onto Peter by his Grandmaster Chen Yuhe who is 5th Generation Yang Style.
25.07.10 Sun
24.10.10 Sun A commitment to the five classes is required, with payment of £205 payable on the 25.1.09.
12.12.10 Sun (cheques payable to Peter Warr)

27.03.10 Sat **Open Workshops** - Saturdays 2pm to 5pm

17.07.10 Sat These training sessions are for the student to develop extra skills and techniques within their chosen discipline.

20.11.10 Sat