

Wu Kung UK

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An Opportunity to learn from one of China's most Respected Masters

Professor Li De Yin Seminar

Time - 11am to 5pm

Sat 4th Aug 2007

Morning session (11am to 1.30) - Gym

Build up your inner calm and confidence with

Ba Duan Jing

8 TREASURES QIGONG

A step by step guide to a slow gentle exercise. To re-establish balance between your mind & Body, and to bring you a high degree of relaxed concentration.

(No prior experience required for this session)

24 POSTURE TAIJIQUAN

Afternoon session (2.30 to 5pm) - GYM

- 1 – For the Beginner, an opportunity to experience learning from one of China's top Masters.
- 2 - For the Intermediate, an experience to refine and correct your postures by Prof Li's unique coaching abilities.
- 3 – For the Advanced / Instructor to practise and learn Prof Li's specialist teaching technique of how to teach Taijiquan.

Sun 5th Aug 2007

Morning Session (11am to 1.30pm) – Gym

BASIC SWORD TECHNIQUES

This sword seminar is not about learning a new taiji sword routine. It is for you to study the basic sword techniques in greater depth.

To give you a deeper knowledge of how to apply the offensive and defensive techniques of the sword.

To increase your expertise and confidence, in practising your taiji sword routine.

Afternoon Session (2.30pm to 5pm) - Gym

5 Element Xingyiquan (Mind & Will Boxing)

Xingyiquan is one of the oldest forms of the Internal Styles of Chinese martial Arts, and is well known for its Health & Self Defence attributes.

The Five basic Fists of Xingyiquan are linked to the five Element theories. This form of training is to strengthen the 5 Internal Organs of the body :

Lungs, Liver, Kidney, Heart & Stomach.

Venue: Shenley Leisure Centre. Burchard Cres.
Shenley Church End. Milton Keynes

To book your place, send a deposit of £35 (cheque payable to Peter Warr) to :

Peter Warr.

135 Buckingham Rd, Bletchley. Bucks MK3 5JD

Final Payment required by 28th July 2007 - Book early as there are limited places.

Prices :

One Day - £65 WKF Mem (£75 Non Mem)
Two Days - £90 WKF Mem (£100 Non Mem)

Morning or Afternoon
£35 per session (£45 Non Mem)

Tear off and return with your payment (Non refundable). (Block Capitals)

Name :

Address :

Contact Tel : Email

Number of people attending : Deposit Paid :

Attending One Day [] Two Days [] Sat / Sun AM [] Sat / Sun PM []

WKF Member [] Non Member []

Signed : Date :