

# 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 2nd July 2011

#### Morning session (11am to 1.30) - Gym

Build up your inner calm and confidence with

#### HEALTH QIGONG

#### YI JIN JING

#### Muscles and Tendon

#### Changing Classics

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)

#### Afternoon session (2.30 to 5pm) - Gym

#### The 13 Methods and Song of Taijiquan

Peng (ward off), Lu (roll back), Ji (press), An (squeeze),  
Cai (pull down), Lie (split), Zhou (elbow strike), Kao  
(shoulder strike)

#### 5 Stepping Techniques

Jinbu (step in), Tuibu (step back), Zuogu (Move to  
the left), Youpan (move to the right), Zhongding  
(central position).

Prof Li will explain and demonstrate the 13 methods  
of Taijiquan, using the Chinese 24 posture Taijiquan.

### Sun 3rd July 2011

#### Morning Session (11am to 1.30pm) - Gym

#### 13 BASIC TAIJI 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

### 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. Tele 01908 502488**

To book your place, send a deposit of £40 (cheque payable to  
Peter Warr.

135 Buckingham Rd, Bletchley. Bucks MK3 5JD

**Final Payment required by 25<sup>th</sup> June 2011 - Book early as  
there are limited places.**

#### Prices:

One Day - £70 WKF Mem (£80 Non Mem )

Two Days - £95 WKF Mem (£105 Non Mem )

Morning or Afternoon

£40 per session ( £50 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 : .....