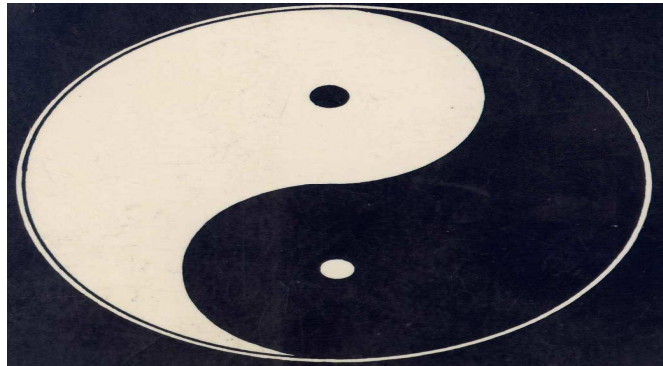


Practical Tai Chi Chuan International

Wudang Tai Chi Chuan



Seminar with Dan Docherty



27/9/2007 – 28/9/2008

Saturday

10:00 a 13:30 16:30 a 19:00

Sunday

9:30 a 13:30 16:00 a 17:30

Meeting point: Main entrance of the Garden of the island. Plaza de Santiago Rusiñol. Aranjuez, Spain

Tai Chi Chuan is a form of exercise for people of all ages..Apart from the benefits to health it is also a subtle and sophisticated form of self defence.

The five components of Wudang Tai Chi Chuan are

- 1) Hand form
- 2) Pushing hands
- 3) Self defence
- 4) Internal strength
- 5) Arms, sword, saber and lance

Tai Chi is a philosophical concept that represents the origin of the heaven and the earth and all the material in the world. The character Tai literally means supreme while Chi has the literal meaning of ultimate. Tai Chi goes beyond the limits of time and space. The Taoists call it Tao, which means “The way”.

According to the principles of Tai Chi the genesis of the universe is found in the inter-action of the two opposite forces within Tai Chi :-Yin and Yang.

Dan Docherty was born 1954 en Glasgow Scotland. He learnt Tai Chi Chuan under Sifu Cheng Tin Hung while serving in the Royal Hong Kong Police between 1975-1984. In 1980 he won the Open Weight Division in the 5th South East Asia Chinese Pugalistic Championship in Malaysia. Then in London he continued his post graduate studies in Chinese. He dedicates his time travelling, teaching and writing about Tai Chi Chuan. He is also President of the European Federation of Tai Chi Chuan. Dan Docherty is a teacher of great experience well known in the world of marcial arts, who offers seminars in many countries and has clubs in many parts of europe. Dan Docherty has written several books about Tai Chi Chuan and has written regularly a column in an important magazine of marcial arts Combat.

<http://www.tcfe.org/>

<http://www.taichichuan.co.uk/>

Spanish Autumn Seminar 2008

**The cost of the complete seminar is:
80€ for the weekend.**

40€. (students and unemployed)

One day only 45€

Contact, reservation, información

Ramon Moral Abad

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Tel 635116039

Travel Accomadation Map

Here is a web page with accomadation details good economical apartments for all participents

www.campingaranjuez.com

In this map you can see the gardens of the prince Aranjuez
<http://maps.google.co.uk/maps?f=q&hl=en&geocode=&q=aranjuez&sll=43.325178,1.274414&sspn=20.510184,27.641602&ie=UTF8&ll=40.032093,-3.603288&spn=0.042192,0.053988&z=14&om=1>

Economical flight options

<http://www.ryanair.com/site/ES/>

<http://www.easyjet.com/en/book/index.asp>

<http://www.clickair.com/view/default.aspx?lang=1>

Madrid is a great place to visit and participate in a seminar of Wudang Tai Chi Chuan with an interesting history and great climate, fantastic food good company.

We look foward to seeing you which ever part of the Wudang World you come from.

CLASSES IN MADRID AND TOLEDO CONTACT
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Practical Tai Chi Chuan International

Hasta la vista