

# TAI CHI

# TRAINING COURSE

## with Dan Docherty

Cranbrook School, Waterloo Road, Cranbrook, Kent  
Wed. August 25th to Sun. August 29th, 2010

### PROGRAMME - suitable for all levels

hand and weapons forms, pushing hands, self-defence applications, theory  
11am - 4.30pm Wed. to Sat. (4.30pm - 5pm advanced students only) 10.30am - 3pm Sun.

**COST:** members £130 for 5 days (or £32 per day) - non-members £155 for 5 days (or £36 per day) **Add:** £10 (or £3 per day) if you qualify for the 4.30-5pm advanced students module (advanced = Long Form + 1 weapon). *Make cheques payable to RC Enterprises and send to D. Docherty, 9 Ashfield Road, London N14 7LA or pay on first day of camp.*

**BOOKING:** to reserve a place contact Dan Docherty: [dan\\_ptcci@hotmail.co.uk](mailto:dan_ptcci@hotmail.co.uk)  
**tel: 07721 867 682** or Katherine: [katnom@btinternet.com](mailto:katnom@btinternet.com) **tel: 01892 523417**

### CERTIFICATES

There are 9 levels of certification for those who wish to become teachers -  
certificate admin fee £15. (check [www.taichichuan.co.uk](http://www.taichichuan.co.uk) for 9 levels criteria)

### ACCOMMODATION

**B&B** details at [www.cranbrookpc.freeserve.co.uk](http://www.cranbrookpc.freeserve.co.uk) OR phone Tunbridge Wells Tourist Information Centre 01892 515675 and they will make reservations for you at no extra cost (most B&B's give cost reductions for 3 nights or more)

**Tents** - there is no official campsite and facilities are limited, but the school bursar has given permission for maximum 12 tents and/or camper vans to be pitched on the far side of the playing field - **book tent space with Katherine: [katnom@btinternet.com](mailto:katnom@btinternet.com)** - booking fee £10 total or £4 per day - tents not to be pitched until Wed. 9am

### DIRECTIONS

**BY TRAIN** from London Charing Cross to Staplehurst. Go to [www.nationalrail.co.uk](http://www.nationalrail.co.uk) to plan your train journey. The train takes approx. 1 hour and Cranbrook is 6 miles from the station - the taxi fare will cost approx. £10. Buses from Staplehurst station run hourly and take 18 minutes - go to [www.transportdirect.info](http://www.transportdirect.info) or [www.carlberry.co.uk](http://www.carlberry.co.uk) to plan your bus journey. See MEETING POINT.

**BY ROAD from Maidstone** follow the A229 to Cranbrook and 500 metres past the roundabout follow the 'Town Centre' sign which takes you onto Waterloo Road. Cranbrook School is on the right, 1 mile past the roundabout. See MEETING POINT.

**BY ROAD from Hawkhurst**, follow the A229 to Cranbrook, turn right into the Town Centre and follow the High Street through the town - it curves sharply right then left, at which point it becomes Waterloo Road. Cranbrook School is on your left. See MEETING POINT.

### MEETING POINT

The Coach House or the field behind if the weather is fine. Turn into the driveway off Waterloo Road marked 'Works Department' (2 driveways up from Cranbrook School on the opposite side of Waterloo Road).

### PARKING

Do not park in the 'Works Department' driveway as it is in constant use by heavy maintenance equipment. If you are not camping/carrying heavy gear, please park in the car park at the end of Barham Drive, which is near the main school. The Coach House is only a 2 minute walk from here.