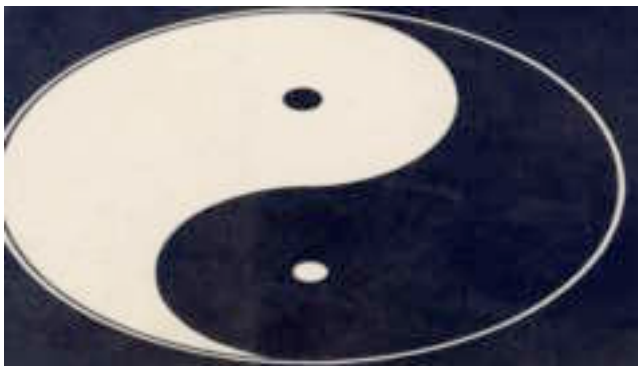


Wudang Tai Chi Chuan



Seminar with Dan Docherty



5-6 y 7 May 2006

Friday 5th May from 19h.

Saturday

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

Sunday

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

**Location: El Jardin de Osho
Parc Natural de Calderona
Gilet Valencia España**

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 Pugilistic 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 writen several books about Tai Chi Chuan and writes regularly a column in an important magazine of marcial arts Combat.

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

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

Spanish Seminar 2006

The Wudang Tai Chi Chuan Seminar with Dan Docherty will be the weekend of 5-6-7th of May

<http://WWW.jardindeosho.COM> Calderona natural park, Valencia. Half an hour from the centre of the city of Valencia and airport. The seminar starts with access to El Jardin de Osho from Friday afternoon of the 5th May at 19.00 and there will be a welcoming dinner served at approximately 22.00.. The cost of the residential Seminar will include accomadation (chalets), meals and the Seminar

The seminar will finish on Sunday 7th in the afternoon

**The cost of the complete seminar will be:
155€ for the weekend all included.
115€. (students unemployed and OAP's)
One day 65€ with lunch included**

FOR QUESTIONS OF SPACE RESERVATIONS ARE LIMITED IT WILL BE NECESSARY TO MAKE A RESERVATION FOR THE COST OF THE COURSE BY TRANSFER PAYABLE IN ADVANCED

The payment has to be made in the following account number of

Stephen Paul Langdon

0182 0558 11 0201523690

IBAN ES9101820558110201523690

Banco BBVA Colon 39 Valencia 46004

Remember to put your name, surname and Wudang Tai Chi Chuan Course and communicate via e-mail or telephone beforehand to confirm your reservation and payment, REMEMBER to bring the receipt of transfer of payment on the day of the course.

Contact and information

Stephen Langdon

makesumsense@amena.com

Tel 665189878

To arrive. Train to Sagunto or take the motorway direction Teruel, exit Gilet, direction to the monastery Santo Espiritu pass el monastery go one kilometer you arrive to a fork of three roads, park the car and El Jardín de Osho is directly below. Where possible lifts will be available from Sagunto.

Call me.