

# 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 4<sup>th</sup> 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 5<sup>th</sup> 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 28<sup>th</sup> 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 : .....