

# MASTER CLASSES with PETER WARR

Peter has over 45 years experience of training  
& is an 8<sup>th</sup> Duan Master of Chinese Martial arts

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## Sat 26<sup>th</sup> July 2014

(2pm to 5pm) - Gym

Warm up your body with inner calm and confidence

### HEALTH QIGONG

### WU QIN XI

### 5 ANIMAL QIGONG

### Tiger, Deer, Bear, Ape, Bird.

(No prior experience required for this session)

### CHINESE 24 POSTURE YANG STYLE TAIJIQUAN

Peter will take you through each posture step by step  
Explaining the principles, theory and philosophy  
Of the movement, with the slow gentle circular  
entwining process of how this loosens the joints  
strengthens the ligaments and bones making the  
muscles strong, pliable and lively.

## Sun 27<sup>th</sup> July 2014

Morning Session (10am to 1.00pm) - Gym

### 5 CATEGORIES OF TAIJI SWORD TECHNIQUES

This Seminar is to give the student a clear definition  
of the 26 sword techniques within the five categories  
3 Point Techniques, 6 Thrust techniques, 4 Chop  
techniques, 6 Slice Techniques, 7 Defence  
Techniques

Afternoon Session (2.pm to 5pm) - Gym

### Xingyiquan

(Mind and 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.

### PUSH HAND AND APPLICATIONS

Peter will train you in 8 specialist exercises to  
enhance your knowledge and skill of the  
Chinese Internal Martial Arts

**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.**

**24 Khasiaberry, Walnut Tree, MK7 7DP**

**Final Payment required by 30<sup>th</sup> June - Book early as there are  
limited places.**

### Prices:

One Session - £40 WKF Mem  
(£50 Non Mem )

Two Sessions £70 WKF Mem  
(£80 Non Mem )

Three Sessions £90 WKF Mem  
(£100 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 Saturday PM [  ] Sunday Allday [  ] Sun AM [  ] Sun PM [  ]

WKF Member [  ] Non Member [  ]

Signed : ..... Date : .....