



# Longfei Summer Camp 12th - 14th July 2019

## Programme



High Leigh Conference Centre, Lord Street,  
Hoddesdon, Hertfordshire EN11 8SG

## Booking your place

A £100 deposit to be paid on booking and balance to be paid by 30th April 2019. We must stress that places are limited so booking early is advised. (Booking made after the 30th April will incur a 10% late booking fee to be added to the prices below).

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

From time to time the Longfei Tai Ji Quan Association like to send emails to keep you up to date with current events, seminars and notable information. If you do not wish to receive this information please tick the box

To ensure your place please indicate below the days you would like to attend

Full weekend     Saturday     Sunday

## Pricing and Accommodation

The price of the Summer camp is £390. Includes: Bed and breakfast, morning and afternoon tea, lunch, dinner and 24hr hot beverages from Friday through to Sunday. All training sessions. Polo shirt & Goodie bag. Single Occupancy is an additional £40. Alcohol is additional. Saturday only delegates price is £129. Sunday only delegates prices is £129. Single day option includes morning/afternoon tea and lunch. Polo shirt & Goodie bag. Please note there is a non member surcharge of £20 to be added to the above price.

### Room choices:

Single     Twin     Double     Family (sleeps 4)

### Poloshirt Size:

XS 36"     S 38"     M 40"     L42/44"  
 XL 46"     2XL 48"     3XL 50/52"     4XL 54"

### Dietary requirements:

Vegetarian     Gluten Free     Vegan     No Nuts  
 Low Fat     Low Sugar     Dairy Free     Other

## Team Longfei

TEAM LONGFEI have been making their presence felt in competitions in the UK, Europe and Taiwan. They have been collecting lot's of gold and silver medals on their way. Richard our chairman has suggested they set up a charity to help with their costs. If you would like to make a donation please add the amount to your deposit. I would like to donate £..... to Team Longfei. Thank you for your support.

Please detach and send to address overleaf

## Training times/program

### Friday Afternoon: (1.30pm - 5pm)

Group practice lead by all instructors (time to get to know one and other)

### Saturday

#### Early morning training (7am - 8am)

Qi Gong Meditation and Exercise  
with Professor Hu Xiao Fei

#### Morning (9am - 12.30pm)

42 Taiji Quan and Application  
with Simon Watson

24 Taiji Quan  
with Faye Yip

Taijiquan Two-person drills  
and partner work  
with Barry McGinlay

#### Afternoon (1.30pm - 5pm)

42 Taiji Quan and Application  
with Simon Watson

24 Taiji Quan  
with Faye Yip

Daoyin Yangsheng Gong Professor  
with Hu Xiao Fei

### Sunday

#### Early morning training (7am - 8am)

Qi Gong Meditation and Exercise  
with Professor Hu Xiao Fei

#### Morning (9am - 12.30 pm)

32 Taiji sword and Application  
with Simon Watson

Xiyangmei Taiji Kung Fu fan - 2nd Routine  
with Faye Yip

Taiji Push hands  
with Barry McGinlay

#### Afternoon (1.30pm - 5pm)

Xiyangmei Taiji Kung Fu fan - 2nd Routine  
with Faye Yip

Daoyin Yangsheng Gong  
with Professor Hu Xiao Fei

Taiji Push hands  
with Barry McGinlay

All the above training sessions are suitable for all levels.



This event will mark the 90th birthday of Richard Watson, Founder and honorary President of Longfei Taijiquan Association GB est: 1991.

Richard Watson is the honorary President and Founder of The Longfei Taijiquan Association of Great Britain. In 1974 he began training with Master Chu King Hung. This lasted seventeen years and he was initiated by Master Chu Ru Shi Di Zi. Richard first met Professor Li Deyin at the People's University in 1989 and has been training with ever him since. In 1991 Li Tian Ji invited Richard to represent the Li Family in Great Britain. In the spring of 2008 Professor Zhang Guangde presented 11 of his disciples with a specially made sword during an auspicious ceremony in China. Among the disciples who received a sword were his most senior students including Yang Bai Long and Hu Xiao Fei. Richard Watson was also included in the ceremony. He was made a 1st generation Ru Shi Di Zi ("close and outstanding disciple") for his 19 years of commitment, involvement, vision and tireless promotion of Professor Zhang's Daoyin system.

## Your instructors for the weekend:



Hu Xiao Fei Director of Daoyin Yang Sheng Gong Institute Director of Daoyin Teaching & Research Institute, Beijing Sport University Awarded the Outstanding Scholar of Beijing Universities and colleges Member of the International Health Qigong Federation (IHQF) Vice chairman of the IHQF Technical Committee Member of the Standing Committee of Chinese Health Qigong Association First scholar of Daoyin Yang Sheng Gong to present a lecture in the United Nations Headquarters, New York Honouree of the Matriers de Barbados Award by the Government of Cuba



Simon Watson is the chairman of LongFei Taijiquan Association and president of the English Daoyin association. His father began teaching him over forty years ago. He is a 1st generation disciple of both Professor Li Deyin (Taijiquan) and professor Zhange Guangde (Daoyin Yangshengong). He captained the British Wushu team for ten years and has had a successful career in competitions in European and World championships. Simon has been entered into the "Combat Hall of Fame" for his contribution to Taijiquan.



Faye Yip Founder and chief instructor of the Deyin Institute GB. The 24 was structured in 1956 by Faye's Late Grand Master Li Tian Ji, the creation of the 24 step Taijiquan was ground breaking and as a result the most popular form of Taiji with over 100 million people practising it. Faye has worked closely with her father Professor Li Deyin during the making and promoting of the Fan Form and they were the first people who learnt and promoted the Form in Europe. This fan form has now spread all over the world, from China to USA, from Spain to Mexico etc. The health benefits of this form is evident in its popularity.



Barry McGinlay is a World Tai Chi champion, European Gold medallist, and has coached International World, European and National tai chi champions. He is a trailblazer for tai chi in the UK. He is Competitions Director for Longfei Taijiquan Association of Great Britain. Certified as an Advanced Instructor by the Tai Chi Union for Great Britain (TCUGB). Barry is also an Executive Committee (EC) member of the TCUGB.