

## 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 and was recently awarded his 7th Duan from the prestigious Beijing Sports University.



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.



## Longfei Summer Camp 23rd - 26th July 2020

### Programme





## Booking your place

A £100 deposit to be paid on booking and balance to be paid by 30th May 2020. We must stress that places are limited so booking early is advised. (Booking made after the 30th May 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

## Pricing and Accommodation

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

Residential £480     Non-Residential £350

Please note there is a non member surcharge of £22 to be added to the above price.

**Residential includes:** Bed and breakfast, morning and afternoon tea, lunch, dinner and 24hr hot beverages from Thursday through to Sunday. All training sessions. Polo shirt & Goody bag. Single Occupancy is an additional £40. Alcohol is additional.

**Non-Residential includes:** Morning and afternoon tea, lunch, all training sessions. Polo shirt & Goody bag.

### Room choices:

Single     Twin     Double     Family (sleeps 4)

### Polo-shirt 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

Please detach and send to address overleaf



## Thursday 14.00 -17.00

Arrival and registration for residential delegates Dinner served at 19.00

### Friday

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

Qi Gong Meditation and Exercise  
with Professor Hu Xiao Fei

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

24 Taiji Quan  
with Simon Watson

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

Taiji Push hands  
with Barry McGinlay

#### Afternoon (2pm - 5.30pm)

24 Taiji Quan  
with Simon Watson

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

Taiji Push hands Two-person drills and  
partner work  
with Barry McGinlay

### Saturday

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

Qi Gong Meditation and Exercise  
with Professor Hu Xiao Fei

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

42 Taijijian  
with Simon Watson

38 Sun Style Taiji  
with Faye Yip

Long Weapon Solo and Partner Drills  
with Barry McGinlay

#### Afternoon (2pm - 5.30pm)

"Going beyond the Movement"  
Development of Peng and Internal Energy  
with Simon Watson

38 Sun Style Taij  
with Faye Yip

Long Weapon Solo and Partner Drills  
with Barry McGinlay

### Sunday

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

Group practise a chance to exchange and practise together

#### Morning (9am - 10.30 pm)

Lecture by Professor Hu Xiao Fei

#### Morning session (11 -12.30pm)

49 Meridians  
with Professor Hu Xiao Fei

#### Afternoon session (2pm - 5.30pm)

49 Meridians  
with Professor Hu Xiao Fei