

TAI-CHI TCHO - La Chaux-de-Fonds - SATURDAY - October 28 – 2017

Time	Big Hall	Balcony	Small Circle	Studio	Vô-Vietnam	Gym Numa-Droz A	Gym Numa-Droz B	
8.00 9.00				Morning exercises <i>Anne Gisep</i>				
8 - 9	Qigong in the park of Crêtets <i>Katia Biloni</i>							
	Reception and informations in the Big Hall							
9.45 11.40	Eight archetypical postures <i>Peter den Dekker</i>	8 Mouvements form <i>Helmut Oberlack</i>		Qigong Snake and crane <i>Franziska Rüscher</i>	Tension release exercises (TRE) <i>Tjeerd Verbeek</i>	13 ways Tuishou <i>Patrick Jeannotat</i>	Moving and being moved <i>Marko Nedeljkovic</i>	Sword 32 form (part 1) <i>Maria Nedelcheva</i>
12.00	Lunch in the Big Hall							
14.00 15.45	Illiqchuan Zhonxindao: Neutral martial art <i>Daria Sergeeva</i>	Shuang An Tuishou <i>Patrick Jeannotat</i>	Qigong <i>Georges Saby</i>	Basic fan techniques with partner <i>Jean-Pierre Schorpp</i>	Qigong	Structure <i>Fabian Cretton</i>	Martial applications of hand form (part 1) <i>Richard Odell</i>	Yang style 2 persons form <i>Thierry Huguet</i>
16.05 17.50	Water Qigong and free push hands <i>Gianfranco Pace</i>	Qigong fundamentals <i>Katia Biloni</i>		Substantial and insubstantial <i>Mauro Bertoli</i>	Sitting Qigong <i>Faye-Li Yip</i>	Qigong <i>Judith Van Drooge</i>	Yi Quan, Da Cheng Quan and Tai Ki Ken <i>J-L Lesueur</i>	Tuishou-Sanshou <i>Paul Silverstrale</i>
19.00	Aperitif and Gala demonstrations in the Big Hall							
20.30	Dinner party and dance until 1 AM							
22.00	« Café CHAN » is open (in the small circle), chill out							



All levels (+ beginners)



Intermediate



Advanced

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Time	Big Hall	Balcony	Small Circle	Studio	Vô-Vietnam	Gym Numa-Droz A	Gym Numa-Droz B		
7.00 8.00				Morning exercises <i>Anne Gisep</i>					
7-8	Qigong in the park of Crêtets <i>Katia Biloni</i>								
8.15	Eight Brocade Qigong	Swinging arms	Postural Qigong and ba duan jin	Tai Ji Quan	Illiqchuan Zhonxindao: Energy flow	Structure vs freedom	Yi Quan, Da Cheng Quan and Tai Ki Ken	Yang style 2 persons form	
9.45	<i>Faye-Li Yip</i>	<i>Marko Nedeljkovic</i>	<i>Peter den Dekker</i>	<i>Georges Saby</i>	<i>Daria Sergeeva</i>	<i>Paul Silverstrale</i>	<i>J-L Lesueur</i>		<i>Thierry Huguet</i>
10.00	Water Qigong and free push hands	8 Mouvements form	Substantial and insubstantial	Basic fan techniques with partner	Tension release exercises (TRE)	Opening and closing	Martial applications of hand form (part 2)	Push hands	Sword 32 form (part 2)
11.30	<i>Gianfranco Pace</i>	<i>Helmut Oberlack</i>	<i>Mauro Bertoli</i>	<i>Jean-Pierre Schorpp</i>	<i>Tjeerd Verbeek</i>	<i>Fabian Cretton</i>	<i>Richard Odell</i>	<i>Judith van Drooge</i>	<i>Maria Nedelcheva</i>
11.45	Collective demonstrations in the park (Parc des Musées - MIH)								
12.45	Lunch in the big hall								
14.00 15.45	Free Push Hands				Qigong Snake and crane				
					<i>Franziska Rüscher</i>				
16.30									
17.00	Tea and cake, Goodbye in the big hall								



All levels (+ beginners)



Intermediate



Advanced