

Autumn Training Camp



HOW TO FIND US



Walesby is located East of Mansfield, between the A614 and the A1 at OS map reference 120-668702. The postcode is NG22 9NG.



Zhong Ding

Traditional Chinese
Martial Arts Association



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Martial Arts Association

Walesby Forest Outdoor
Adventure Activity Centre
Brake Road
Walesby
Newark
Nottinghamshire NG22 9NG

Zhong Ding Autumn Camp 2009

WALESBY FOREST OUTDOOR ADVENTURE ACTIVITY CENTRE, NOTTINGHAMSHIRE

Come and join your fellow Zhong Ding Members for a weekend of training with Master Nigel Sutton and other Senior instructors in this tranquil forest location in the East Midlands.

* please note: the timetable is a draft and subject to change

Friday 30 October 2009		
18.00	Welcome	
20.00-22.00	Form to Function	Green

Saturday 31 October 2009		
06.00-07.00	Form Practice	Green
08.00-09.00	Form Key Components	Green
	The Qigong of Cheng Man Ching	Green
10.30-12.30	Basic Conditioning for competitive pushing hands	Amber
	Fundamental Qigong	Green
	Balance - the zhong ding of taijiquan	Green
14.30-16.00	Ting Jing - Sensitivity the key to opening the taiji door	Amber
	Form - the uniting of heaven, earth and man	Green
	Straight sword fundamentals	Amber
18.15-21.00	Taijiquan conditioning - not for the fainthearted	Amber
	Free pushing hands and training	Green
21.00-late	Grading	Amber
	Social	

Sunday 01 November 2009		
06.00-07.00	Form Training	Green
08.00-10.00	The Taiji body	Green
	Weapons Training	Amber
	National Squad Training	Red
10.30-12.30	Taiji - a philosophical approach	Green
14.00-16.00	Taijiquan - the Cheng Man Ching Tripod	Green

Green suitable for all levels
 Amber intermediate/advanced students
 Red advanced students only

NIGEL SUTTON



I am looking forward to my return to the UK this October to catch up on all the training and good work that is going on in all regions. This event will be a great opportunity to share ideas with like minded people.

I hope to see you there.

WHAT IS INCLUDED?

The centre provides dormitory accommodation and simple home cooked meals will be provided. There are a range of different packages you can choose from. Food is included with all packages.

PRICES

Full weekend with accommodation	£140
Full weekend no accommodation	£110
Friday evening only	£30
Saturday only	£80
Sunday only	£70

HOW TO ATTEND

Please complete an application form which is available on the Zhong Ding website at <http://www.zhong-ding.com>.



AN OPPORTUNITY TO TRAIN AND SHARE IDEAS WITH OTHER ZHONG DING MEMBERS

Training suitable for all ages and abilities.