

PROGRAMME FOR THE DAY			
09.00 – 09.15	Welcome to all in the Sports Gym		
	Session 1 (Sports Gym Area A)	Session 2 (Sports Gym Area B)	Session 3 Dance Gym
09.15 – 10.30	Seminar with Master Instructors John Fowler and Pete Lane John and Pete will be teaching Master Liang He Qings Caoyang Dao (Broadsword) which is a Northern form, as taught to John by Master Liang.'	Seminar with Master Instructor Darren Roberts "Expansion in movement in pushing hands"	Seminar with Master Instructor Miles Craig Miles will be giving a two hour practical introduction to (some of) the syllabus that the Qigong committee have developed, drawing from the wealth of Qigong systems practised within Zhong Ding.
10.30 - 10.45	Tea Break		
10.45 – 12.00	Seminar with Master Instructor Don Harradine "The Importance of Phrases"	Seminar with Master Instructor Darren Roberts "Expansion in movement in pushing hands"	A Qigong grading will follow the seminar.
12.00 - 12.15	Tea Break		
12.15 – 13.30	Seminar with Master Instructor Don Harradine "The Importance of Phrases"	Seminar with Master Instructor Dave Spencer The theme of the seminar will be based on balance in stillness, movement and the mind. Connections between structure, root and being comfortable with a moving root.	
13.30 - 14.00	Lunch break		
14.00 – 15.15	Seminar with Master Instructors John Fowler and Pete Lane John and Pete will be teaching Master Liang He Qings Caoyang Dao (Broadsword) which is a Northern form, as taught to John by Master Liang.	Seminar with Master Instructor Dave Spencer The theme of the seminar will be based on balance in stillness, movement and the mind. Connections between structure, root and being comfortable with a moving root.	
15.15 – 15.30	Tea Break		
15.30 – 17.30	Master Liang's Long Form with Nigel Sutton Nigel will be returning to the UK to teach the second part of Master Liang's long form to "inside" students. This form is based upon the Yang long form, however, there are elements of the Kwai Taiji (fast form) also taught by Master Liang and several other major variations which assist in developing internal strength and power. Nigel considers this form a vital tool in our Taiji progress.		
17.30 – 18.30	Zhong Ding AGM		