

## 2016 Master Ding Academy Training Courses

Here are the dates of the training courses for 2016. More courses will be added to the list nearing the time.

Please kindly refer to the MDA website events section for regular updates.

### Note:

- All these courses are open to both members and other Tai Chi practitioners unless specified.
- These courses may be subjected to change. Please make sure that you check at least two weeks in advance to find out if the course is still running as they may be cancelled due to unforeseen circumstances.
- All the courses are held at Master Ding Academy HQ, Limehouse, London E14 7JU from 10am - 4pm unless mentioned in the course details.

### Payment:

Please confirm your payment by email when you make the online payment to our account details below:

#### From United Kingdom

Account Name: Tai Chi Worldwide Limited    Bank: NatWest    Sort Code: 60-23-34    Account Number: 81 50 68 80

#### From Europe

Account Name: Tai Chi Worldwide Limited    Bank: NatWest    BIC: NWBK GB 2L    IBAN: GB79 NWBK6023 34 81 50 68 80

Date	Course	Course Fee	Course Fee
		Early payment discount	After dateline
Fri, 12 <sup>th</sup> - Sun, 14 <sup>th</sup> February	<p><b>Traditional Tai Chi Health</b></p> <p>This special course will focus on a deeper understanding in the following aspects of Traditional Tai Chi Chuan :</p> <ul style="list-style-type: none"> <li>- John Ding Yeung San Hey Kung Set 1</li> <li>- Daoist Exercises</li> <li>- John Ding Short Form (MDA Foundation Form)</li> <li>- Settling Exercises</li> </ul> <p><b>Level:</b> Open to all</p> <ul style="list-style-type: none"> <li>- An opportunity for practitioners to gain better understanding of these 4 fundamental aspects of Traditional Tai Chi Chuan and hoping to teach Tai Chi for health if they meet the required MDA standard.</li> <li>- An excellent refresher course for MDA instructors or Advanced level one members.</li> </ul>	<p>Members: £300</p> <p>Others: £350</p> <p>Payment dateline: 12/1/16</p>	<p>Members: £350</p> <p>Others: £400</p>
Sat, 20 <sup>th</sup> – Sun, 21 <sup>st</sup> February	<p><b>Reutlingen Master classes Workshop</b></p> <p>For the first time, Master Ding will be holding a 2 day Master class workshop in Reutlingen focusing on Tai Chi principles and concepts to help you gain better skill, insight and understanding of Tai Chi Chuan.</p> <p><b>Levels:</b> Open to all Beginners and Advanced Tai Chi practitioners.</p> <p><b>Venue:</b> Reutlingen</p> <p><b>Contact:</b> Christian Flöttl t: 01578-2576778 e: Grizzly-TCC@web.de</p>	<p>Please contact the organiser</p>	
Thurs, 25 <sup>th</sup> - Sun, 28 <sup>th</sup> February	<p><b>Sword Form and Applications</b></p> <p><i>Intensive 4 days workshop</i></p> <p>Another golden opportunity for Tai Chi practitioners :</p> <ul style="list-style-type: none"> <li>- to learn either the complete Dao (Sabre) or Jian (Sword) form in this 4 days intensive course</li> <li>- to refine either the Dao (Sabre) or Jian (Sword) form through form corrections and applications</li> </ul> <p><b>Levels:</b></p> <ul style="list-style-type: none"> <li>- experienced Tai Chi practitioner who have learnt the Long Form</li> </ul>	<p>Early bird discount (if paid by 20/1/16)</p> <p>Members: £500</p> <p>Others: £600</p>	<p>Members: £550</p> <p>Others: £650</p>

	<p>- Practitioners who have learnt the weapon form which need further refinement.  <b>Places are limited.</b>  You are advised to book early.  <b>Venue:</b> MDA HQ Limehouse  <b>Contact:</b> info@masterdingacademy.com</p>		
Fri, 11 <sup>th</sup> – Sun, 13 <sup>th</sup> March	<p><b>MDA Instructors Training Course Yr2(1)</b>  <b>Venue:</b> MDA HQ Limehouse  <b>Contact:</b> info@masterdingacademy.com</p>	Contact organiser for more details	
Sat, 26 <sup>th</sup> March – 2 <sup>nd</sup> April	<p><b>2016 Annual Master Ding Academy Instructors Retreat</b>  <b>Venue:</b> Princess Helena College, Preston, Hitchin, Hertfordshire, UK.  This is a closed retreat for MDA instructors and Advanced Level 1 course members only.  <b>Contact:</b> info@masterdingacademy.com</p>	<p>Shared: £700  Single: £800  (if paid by 26/2/16)</p>	<p>Shared: £800  Single: £900</p>
Sat, 9 <sup>th</sup> – Sun, 10 <sup>th</sup> April	<p><b>Special 2 days course on Tai Chi principle : Sensitivity Training</b> - focusing on Listening Energy applications : Touching, Linking, Adhering, Following &amp; Not confronting or disengaging  <b>Levels:</b> Open to Tai Chi practitioners beginners to Advance  <b>Venue :</b> MDA HQ Limehouse  <b>Contact:</b> info@masterdingacademy.com</p>	<p>Members: £180  Others:£210  (if paid by 8/3/16)</p>	<p>Members: £220  Others:£250</p>
Sat, 16 <sup>th</sup> – Sun, 17 <sup>th</sup> April	<p><b>Karlsruhe Master classes Workshop</b>  A 2 day workshop focusing on Tai Chi principles and concepts to help you gain better skill and understanding of Tai Chi Chuan.  <b>Levels:</b> Open to Beginners and Advanced Tai Chi practitioners.  <b>Venue:</b> Karlsruhe  <b>Contact:</b> Bernhard Maier  t: +49 721 1803698  e: mail@centre-qigong.de</p>	Please contact the organiser	
Thurs, 21 <sup>st</sup> – Sun, 24 <sup>th</sup> April	<p><b>Special Master Class: Cheung Kuen Se Ying (Long Fist Snake Form) 4 day intensive course</b>  Grandmaster Ip's Cheung Kuen Se Ying (Long Fist Snake Form) taught in London by Master Ding.  A rare opportunity not to be missed!  Places are limited. You are advised to book early  <b>Levels:</b> Open to all styles of Tai Chi and other martial arts practitioners.  <b>Venue:</b> MDA HQ Limehouse  <b>Contact:</b> info@masterdingacademy.com</p>	<p>Members: £500  Others: £600  (if paid by 21<sup>st</sup> March)</p>	<p>Members: £600  Others: £700</p>
Fri, 29 <sup>th</sup> April – Sun, 1 <sup>st</sup> May	<p><b>Cork Master classes Workshop</b>  <b>Friday Tai Chi Demonstration and Fajing (projecting Chi)</b>  19:00 – 20:30 Tai Chi Demonstration and taster  20:30 – 22:00 Fajing  Saturday 10:00 – 12:30 Importance of Standing Chi Kung  13.30 – 16.00 Tai Chi Chuan Principles &amp; Concepts  Sunday 9:30 – 12:00 Applied Push hands &amp; Applications  12.30 – 15.30 Importance of structure and</p>	Please contact the organiser	

	<p>applications in relation to the Form</p> <p><b>Levels:</b> Open to Beginners and Advanced Tai Chi practitioners.</p> <p><b>Venue:</b> Cork</p> <p><b>Contact:</b> John Buckley e: johngbuckley@gmail.com</p>		
Sat, 7 <sup>th</sup> May	<p><b>Applied Tai Chi Principles &amp; Concepts:</b> The importance of Rooting – how to develop and apply it in Tai Chi Chuan.</p> <p><b>Levels:</b> Open to all Beginners to Advanced Tai Chi practitioners</p> <p><b>Venue:</b> MDA HQ Limehouse</p> <p><b>Contact:</b> info@masterdingacademy.com</p>	<p>Members: £60 Others: £80 (if paid by 7/4/16)</p>	<p>Members: £80 Others: £100</p>
Sat, 21 <sup>st</sup> – Sun, 22 <sup>nd</sup> May	<p><b>Aachen Master classes workshop</b> Applied Tai Chi workshop focusing on Tai Chi principles and concepts to help you gain better skill and understanding of Tai Chi Chuan.</p> <p><b>Levels:</b> Open to Beginners and Advanced Tai Chi practitioners of any styles or external martial arts practitioners</p> <p><b>Venue:</b> Aachen</p> <p><b>Contact:</b> Andreas Toschki t: 01578-5625389 e: toschki@tai-chi-chuan-aachen.de</p>	<p>Contact organiser for more details.</p>	
Fri, 27 <sup>th</sup> – Sun, 29 <sup>th</sup> May	<p><b>Hartlepool Master classes Workshop</b> A 3 day workshop focusing on Tai Chi principles and concepts to help you gain better skill and understanding of Tai Chi Chuan. Contact organiser for more details.</p> <p><b>Levels:</b> Open to Beginners and Advanced Tai Chi practitioners.</p> <p>Venue: Hartlepool</p> <p><b>Contact:</b> Mike Watson t: 07952 251025 e: <a href="mailto:md.watson.101@hotmail.com">md.watson.101@hotmail.com</a></p>	<p>Contact organiser for more details</p>	
Fri, 3 <sup>rd</sup> – Sun, 5 <sup>th</sup> June	<p><b>MDA Instructors Training Course Yr2(2)</b> <b>Venue:</b> MDA HQ Limehouse <b>Contact:</b> info@masterdingacademy.com</p>	<p>Contact organiser for more details</p>	
Sat, 4 <sup>th</sup> June	<p><b>Applied Tai Chi Chuan Principles</b> - Learning the complete Ta Lu Form and its applications</p> <p><b>Levels:</b> Open to Beginners to Advanced Tai Chi practitioners</p> <p>Contact: info@masterdingacademy.com</p>	<p>Members: £60 Others: £80 (if paid by 6/5/16)</p>	<p>Members: £80 Others: £100</p>
Thurs, 16 <sup>th</sup> – Sun, 19 <sup>th</sup> June	<p><b>Bergamo - Dao (Sabre) Form &amp; Applications ( 4 days intensive course)</b> An opportunity for Tai Chi practitioners :</p> <ul style="list-style-type: none"> <li>- to learn either the complete Dao (Sabre) form through an intensive course</li> <li>- to refine either the Dao (Sabre) form through form corrections and applications</li> </ul> <p><b>Levels:</b> Any experienced Tai Chi practitioner Places are limited. You are advised to book early.</p> <p><b>Venue:</b> Bergamo</p>	<p>Contact organiser for more details</p>	

**Contact:** Angelo Nembrini  
t: 34 82 65 65 82  
e: [info@associazioneamrita.it](mailto:info@associazioneamrita.it)

Sat, 18<sup>th</sup> –  
Sun, 19<sup>th</sup>

**Applied Tai Chi Chuan Open Master class**

Workshop focusing on Tai Chi principles and concepts to help you gain better skill and understanding of Tai Chi Chuan.

**Levels:** Open to all styles of Tai Chi and other martial arts practitioners.

**Venue:** Bergamo

**Contact:** Angelo Nembrini

t: 34 82 65 65 82

e: [info@associazioneamrita.it](mailto:info@associazioneamrita.it)

Contact organiser for more details

Thurs, 23<sup>rd</sup> –  
26<sup>th</sup>  
June

**Applied Open Internal Kung Fu Applications Masterclass**

Intensive 4 days workshop focusing on the application of internal energy, CHI.

You will be looking at internal martial arts concepts through applied martial applications. This course is packed with different aspects of training which will undoubtedly provide you with a deeper understanding and experience the power of internal Kung Fu which you can be applied in your training practice.

A chance not to be missed by anyone seeking to further their understanding and improve their skills in internal power.

**Level:** Open to all levels of Tai Chi styles and external martial arts practitioners.

**An opportunity not to be missed!**

**Venue:** MDA HQ Limehouse

**Contact:** [info@masterdingacademy.com](mailto:info@masterdingacademy.com)

Members: £400

Others: £500

Members: £450

Others: £550

Sat, 2<sup>nd</sup> July

**Applied Tai Chi Principles & Concepts:  
Fa Jing and Applications**

**Levels:** Open to Beginners to Advanced Tai Chi practitioners

**Venue:** MDA HQ Limehouse

**Contact:** [info@masterdingacademy.com](mailto:info@masterdingacademy.com)

Members: £60

Others: £80

(if paid by 2/6/16)

Members: £80

Others: £100

Fri, 15<sup>th</sup> –  
Sun, 17<sup>th</sup>  
July

**Advanced Level 1 Part Two Course (closed workshop)**

3 days intensive course for

- MDA members who have attended the Advanced Level One Part 1 course in March 2016

- Also for MDA Instructors or Advanced Level One students who wish to improve their skills and understanding of Yang Style Tai Chi Chuan.

**Venue:** MDA HQ (Limehouse)

10am -4 pm

**For more details contact :**

[info@masterdingacademy.com](mailto:info@masterdingacademy.com)

Members only: £300  
(if paid by 15/6/16)

Members: £350

Thurs, 27<sup>th</sup> –  
Sun, 31<sup>st</sup> July

**Niebull - Dao (Sabre) Form & Applications  
( 4 days intensive course)**

An opportunity for Tai Chi practitioners :

- to learn either the complete Dao (Sabre) form through an intensive course

- to refine either the Dao (Sabre) form through form corrections and applications

**Levels:** Any experienced Tai Chi practitioner

Places are limited.

Contact organiser for more details

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You are advised to book early.

**Venue:** Niebull

**Contact:** Ute Andresen

t: 04661 67 55 11

e: taichi-nf@versanet.de

Mon, 1 <sup>st</sup> – Thurs, 4 <sup>th</sup> August	<b>Hamburg Special Master Class: Cheung Kuen Se Ying (Long Fist Snake Form) &amp; Applications 4 day intensive course</b> Grandmaster Ip's Cheung Kuen Se Ying (Long Fist Snake Form) taught by Master Ding. A rare opportunity not to be missed! Places are limited. You are advised to book early <b>Levels:</b> Open to all styles of Tai Chi and other martial arts practitioners. <b>Venue:</b> Hamburg <b>Contact:</b> Ute Andresen t: 04661 / 67 55 11 e: taichi-nf@versanet.de	Contact organiser for more details	
Sat, 20 <sup>th</sup> – Sat, 27 <sup>th</sup> August	<b>2016 Open Master Ding Academy Residential Retreat</b> <b>Venue:</b> Princess Helena College, Preston, Hitchin, Hertfordshire, UK.  One of two open residential workshops for all styles of Tai Chi (from complete beginners to Advanced practitioners) and external martial arts practitioners. Complete package - full board and lodging plus Tai Chi Chuan training at the venue. An excellent opportunity to train with Master Ding and his instructors to gain better your understanding and improve your Tai Chi Chuan. Not to be missed!  <b>Contact: MDA HQ</b> e: info@masterdingacademy.com	Members Shared: £600 Single: £700  Others: Shared £690 Single £790	Members Shared: £690 Single: £790  Others: Shared £780 Single £880
Sat, 15 <sup>th</sup> – Sun 16 <sup>th</sup> October	<b>Special 2 days intensive Push Hands &amp; Applications</b> An excellent opportunity to gain a deeper understanding and applying the 4 important aspects of Tai Chi Push Hands – Peng (Ward off), Lui (Roll back) , Jai (Press) & Aun (Push)  A great course to sharpen your skills in pushing hands at the intensive course.  <b>Levels:</b> Open to Beginners to Advanced Tai Chi practitioners	Members: £180 Others: £210 (if paid by 15/9/16)	Members: £220 Others: £250
Thurs, 20 <sup>th</sup> – Sun, 23 <sup>th</sup> October	<b>Piombino - Dao (Sabre) Form &amp; Applications ( 4 days intensive course)</b> Another opportunity for Tai Chi practitioners : - to learn either the complete Dao (Sabre) form through an intensive course - to refine either the Dao (Sabre) form through form corrections and applications <b>Levels:</b> Any experienced Tai Chi practitioner Places are limited. You are advised to book early. <b>Venue:</b> Piombino <b>Contact</b> Valter Stefanini	Contact organiser for more details	

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e: stefanini.valter@tin.it

Sat, 22 <sup>nd</sup> – Sun, 23 <sup>rd</sup> October	<b>Applied Tai Chi Chuan Open Master class</b> Workshop focusing on Tai Chi principles and concepts to help you gain better skill and understanding of Tai Chi Chuan. <b>Levels:</b> Open to all styles of Tai Chi and other martial arts practitioners. <b>Venue:</b> Piombino <b>Contact:</b> Valter Stefanini e: stefanini.valter@tin.it	Contact organiser for more details	
Friday, 28 <sup>th</sup> - Sun, 30 <sup>th</sup> October	<b>Dublin Master classes Workshop</b> A 3 day workshop focusing on Tai Chi principles and concepts to help you gain better skill and understanding of Tai Chi Chuan. Contact organiser for more details. <b>Levels:</b> Open to Beginners and Advanced Tai Chi practitioners. Venue: Dublin <b>Contact:</b> Ross Cousens t: 0877 527 013 e: <a href="mailto:ross@masterdingacademy.com">ross@masterdingacademy.com</a>	Contact organiser for more details	
Sat, 5 <sup>th</sup> November	<b>Applied Tai Chi Principles &amp; Concepts: Wan (smooth flow) and Applications</b> <i>Movements practiced need to be smooth and in a flowing momentum. There should not be a break from the beginning to the end i.e. like the Yin-Yang symbol, one flowing into the other</i> <b>Levels:</b> Open to Beginners to Advanced Tai Chi practitioners <b>Venue:</b> MDA HQ Limehouse <b>Contact:</b> <a href="mailto:info@masterdingacademy.com">info@masterdingacademy.com</a>	Members: £60 Others: £80 (if paid by 5/10/16)	Members: £80 Others: £100
Fri, 18 <sup>th</sup> – Sun, 20 <sup>th</sup> November	<b>Hartlepool Master classes Workshop</b> A 3 day workshop focusing on Tai Chi principles and concepts to help you gain better skill and understanding of Tai Chi Chuan. Contact organiser for more details. <b>Levels:</b> Open to Beginners and Advanced Tai Chi practitioners. Venue: Hartlepool <b>Contact:</b> Mike Watson t: 07952 251025 e: md.watson.101@hotmail.com	Contact organiser for more details	
Thurs, 24 <sup>th</sup> - Sun, 27 <sup>th</sup> November	<b>Special Course: San Sau</b> ( 2 person fighting set - 4 days intensive workshop) San Sau is applied Tai Chi Chuan in which Tai Chi principles are 'put into action' - something that cannot be achieved by practising the forms alone. It is an advanced dynamic pre-arranged training drill of attack and counter attack moves. <b>Level:</b> - For students who have at least 3 years' experience of Tai Chi. - It is also suitable for students or instructors, who have previously learnt the form and require a deeper understanding of the San Sau through refine corrections and applications <b>Venue:</b> MDA HQ Limehouse <b>Contact:</b> <a href="mailto:info@masterdingacademy.com">info@masterdingacademy.com</a>	Members: £500 Others: £600 (if paid by 24/10/15)	Members: £500 Others: £600

Fri, 2 <sup>rd</sup> - Sun, 5 <sup>th</sup> Dec	<b>Annual Instructors Weekend Course</b> This is a closed course for MDA instructors and Advanced Level one members	Members only: £300 (if paid by 3/11/16)	£400
Sat 3 <sup>th</sup> Dec	<b>MDA members Annual Christmas Dinner</b> at Joy King Lau, China Town, London Please book and paid by 30/11/16 if you are attending	£35 each	
Sat, 16 <sup>th</sup> - Sat, 23 <sup>rd</sup> December	<b>2015 Open Master Ding Academy Residential Retreat</b> <b>Venue:</b> Princess Helena College, Preston, Hitchin, Hertfordshire, UK.  One of two open residential workshops for all styles of Tai Chi (from complete beginners to Advanced practitioners) and external martial arts practitioners. Complete package - full board and lodging plus Tai Chi Chuan training at the venue.  An excellent opportunity to train with Master Ding and his instructors to gain better your understanding and improve your Tai Chi Chuan. Not to be missed!	Members Shared: £600 Single: £700	Members Shared: £790 Single: £790
		Others: Shared £690 Single £790 (if paid by 30/11/16)	Others: Shared £780 Single £880
	<b>Contact: MDA HQ</b> e: <a href="mailto:info@masterdingacademy.com">info@masterdingacademy.com</a>		