

TCFE 5th EUROPEAN CHAMPIONSHIP 2010 TIMETABLE

Friday December 10th

12:00 - 21:00 Registration at Blackbird Leys Leisure Centre

14:00 - 18:00 Workshops

Workshops Friday December 10 th		
Time	Teacher	Theme
14:00 – 15:30	Othmar Vigli (Italy)	Tai Chi Applications & Variations
15:30 – 17:00	Dzhamal Azhigirey (Russia)	Application of 8 Types of Energy in Taijiquan
17:00 – 18:30	Saar Avivi (Sweden)	Yang Style Tuishou & Practical Applications
18:30 – 20:00	Alex Skalozub Iliqchuan (Russia)	5 Qualities of Changing Energy (Zhan Zhuang, Spinning Hands & Sticky Hands in Iliqchuan).

Saturday December 11th

09:00 Doors Open

09:45 Welcoming Ceremony

10:15 Competition begins

Forms Area 1 - Saturday		Forms Area 2 - Saturday		Forms Area 3 - Saturday	
10:15-11:00	Yang Lineage Tai Chi Beginner Hand Form	10:15-10:35	Wu Lineage Tai Chi Intermediate Hand Form Final	10:15-10:40	Tai Chi Intermediate Spear/Staff Form
11:00-11:50	Yang Lineage Tai Chi Intermediate Hand Form	10:35- 11:05	Wu Lineage Tai Chi Open Hand Form	10:40-11:15	Yang Lineage Tai Chi Open Spear/Staff Form
11:50- 12:55	Yang Lineage Tai Chi Open Hand Form	11:05-11:25	Chen Lineage Tai Chi Beginner Hand Form	11:15-11:45	Wu Lineage Tai Chi Open Spear/Staff Form
12:55-13:20	Over 55 Internal Hand Form	11:25-11:50	Chen Lineage Tai Chi Intermediate Hand Form	11:45-12:20	Tai Chi Beginner Sabre Form
13:20-13:50	IWUF 42 Tai Chi Intermediate Hand Form	11:50-12:25	Chen Lineage Tai Chi Open Hand Form	12:20-13:30	Tai Chi Intermediate Sabre Form
13:50-14:25	IWUF 42 Tai Chi Open Hand Form	12:25-13:10	Other Tai Chi Beginner Hand Form	13:30-14:10	Yang Lineage Tai Chi Open Sabre Form
14:25-14:50	Fast Hand Forms	13:10-13:40	Other Tai Chi Intermediate Hand Form	14:10-15:00	Wu Lineage Tai Chi Open Sabre Form
14:50-15:15	Xingyi & Baguazhang Beginner Hand Form	13:40-14:40	Other Tai Chi Open Hand Form	15:00-15:45	Yang Lineage Tai Chi Intermediate Sword Form - Final
15:15-15:40	Baguazhang Open Hand Form - Final	14:40-15:50	Group Hand Form	15:45-16:30	Yang Lineage Tai Chi Open Sword Form
15:40-16:25	Other Lineage Sword Form	15:50-16:40	Other Styles Other Weapons – Intermediate		
16:25-17:15	Open Fan Form	16:40-17:25	Other Styles Other Weapons – Open		

Pushing Hands Starts in all areas at 10:15am

Moving Step Pushing Hands Area 4	Fixed Step Pushing Hands Area 5	Free Moving Step Pushing Hands Area 6
Men	Men	Men
-73k	-100k	-85k
-60k	-95k	-81k
	-90k	-77k
Ladies	-85k	-73k
-52k	-81k	-66k
	-77k	-60k
Men	-73k	-100k
-100k	-66k	-95k
-95k	-60k	-90k
-85k	Ladies	
-81k	-64k	
-77k	-61k	
	-52k	

Workshops Saturday December 11th

Time	Teacher	Theme
09:15 - 10:30	Severino Maistrello (Italy)	Pa kua Circle Walking, the Relationship Between Tai Chi And Pa Kua
10:30 - 11:45	Dick & Simon Watson (UK)	Teaching Taiji Partner Drills and Pushing Hands
12:45 - 14:00	Faye Yip (UK)	Qigong – The physical and psychological benefits of Qigong
14:00 - 15:15	Chen Ruqing (Russia)	Old Yang Style Small Frame (Xiao Jia) Taiji Quan (Yang Shaohou transmission line): fundamentals and actual combat applications
16:30 - 17:45	Gary Wragg (UK)	Sabre

19:00 Party in the Sports Centre

08/12/2010

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Sunday December 12th

09:00 Doors Open

Forms Area 1 – Sunday		Forms Area 2 – Sunday		Forms Area 3 – Sunday	
10:15 – 10:40	Sun & Hao (Wu) Lineage Tai Chi Open Hand Form	10:15 - 10:50	Xingyi & Baguazhang Intermediate Hand Form – Final	10:15 – 10:30	Chen Lineage Tai Chi Open Spear/Staff
10:40 – 11:00	Yang Lineage Tai Chi Beginner Hand Form	10:50 - 11:15	Xingyi Open Hand Form – Final	10:30 – 11:00	Tai Chi Beginner Spear/Staff Form
11:00-11:20	Yang Lineage Tai Chi Intermediate Hand Form	11:15 - 11:40	Wu Lineage Tai Chi Open Hand Form	11:00 – 11:25	Other Lineage Tai Chi Open Sabre Form
11:20 - 11:40	Yang Lineage Tai Chi Open Hand Form	11:40 – 12:05	Chen Lineage Tai Chi Beginner Hand Form	11:25 – 11:50	Tai Chi Beginner Sword Form
11:40 -12:00	Over 55 Internal Hand Form	12:05 – 12:25	Chen Lineage Tai Chi Intermediate Hand Form	11:50 – 12:20	Over 55 Internal Weapon Form
12:00 -12:25	IWUF 42 Tai Chi Intermediate Hand Form	12:25 – 12:50	Chen Lineage Tai Chi Open Hand Form	12:20 – 12:50	Chen Lineage Tai Chi Open Sword Form
12:25 -12:50	IWUF 42 Tai Chi Open Hand Form	12:50 – 13:15	Other Tai Chi Beginner Hand Form	12:50 – 13:25	Other Styles Other Weapons - Beginner
12:50 -13:10	Fast Hand Forms	13:15 – 13:35	Other Tai Chi Intermediate Hand Form	13:25 – 13:50	Wu Lineage Tai Chi Open Sword Form
13:10 -13:35	Xingyi & Baguazhang Beginner Hand Form	13:35 – 13:55	Other Tai Chi Open Hand Form	13:50 – 14:15	Tai Chi Intermediate Spear/Staff Form
13:35 13:55	Other Lineage Sword Form	13:55 – 14:25	Group Hand Forms	14:15 - 14:35	Yang Lineage Tai Chi Open Spear/Staff Form
13:55 -14:15	Open Fan Form	14:25 – 14:45	Other Styles Other Weapons – Intermediate	14:35 – 14:55	Wu Lineage Tai Chi Open Spear/Staff Form
14:15 -14:50	Group Weapon Forms	14:45 – 15:05	Other Styles Other Weapons – Open	14:55 – 15:15	Tai Chi Beginner Sabre Form
14:50 -15:25	Two Person Sanshou Set/Demo	15:05 – 15:30	Two Person Tuishou Set/Demo - Final	15:15 – 15:30	Tai Chi Intermediate Sabre Form
15:25 – 16:00	Two Person Weapon Set/Demo	15:30 – 16:05	Yang Lineage Tai Chi Intermediate Sword Form	15:30 – 15:50	Yang Lineage Tai Chi Open Sabre Form
16:00 – 16:20	Yang Lineage Tai Chi Open Sword Form	16:05 – 16:35	Other Tai Chi Intermediate Sword - FINAL	15:50 - 16:15	Wu Lineage Tai Chi Open Sabre Form

Pushing Hands Starts in all areas at 10:15

Moving Step Pushing Hands Area 4	Fixed Step Pushing Hands Area 5	Free Moving Step Pushing Hands Area 6
Ladies	Men	Ladies
+85k	+100k	+67k
-75k	-100k	-67k
-64k	-95k	-61k
	-90k	-52k
	-85k	Men
Men	-81k	+100k
+100k	-77k	-100k
-100k	-73k	-90k
-95k	-66k	-85k
-85k	-60k	-81k
-81k	Ladies	-77k
-77k	+85k	-73k
-73k	-85k	-66k
-66k	-71k	-60k
-60k	-64k	
	-61k	
	-57k	
	-52k	