

October 2008

with hot links to: SamMasich.com

STRANGE HORSE: Calendar Update

Ontario/Quebec ❖ 25 Energies ❖ 37 Essential Forms ❖ & More!

October 2008: Ontario/Quebec tour

① Campbellville, Ont.

Sat October 18 - Sun October 19

25 Energies Series (#5)

plus: 'Taiji: Form & Freedom'

Friday Oct. 17 • 7-10 pm

☉ Taiji: Form and Freedom

Taijiquan is like any other art in the sense that it starts with structure and form as a means to uncovering principles and then extends into areas of spontaneity, improvisation and creative expression. Tonight we will look at several classical and progressive devices you can use to take your taiji further.

Cost: \$45.00 for the evening, \$35 (seniors 60+)

Location: Campbellville Lions Hall, 42 Guelph Line, Campbellville, Ont. [MAP](#)

Contact: [Mary Hansell](#) 905-854-0314

Sat/Sun Oct. 18-19 • 10am-5:30pm

☉ Taijiquan 25 Energies Series (#5)

Chang & Jie Jin

Continuing in the study of the 25 energies we will review the previous material: *Sticking, Listening, Comprehending, Receiving, Neutralizing, Enticing, Seizing, Issuing and Borrowing; Opening, Closing, Rising, Sinking, Peng, Lü, Ji, An, Cai, Lie, Zhou, Kao* then continue on to Chang jin (long energy) and Jie jin (intercepting energy). These next two 'consummate' energies take taiji into a completely different realm of play!

Attendance at the prior workshops not required.

Location: Campbellville Lions Hall, 42 Guelph Line, Campbellville, Ont. [MAP](#)

Cost: \$250 Saturday & Sunday (\$230 Early Bird special before Sept. 15/08)

Pre-registration requested

Full Weekend Fee (Friday evening, Saturday, Sunday) \$270, early bird \$250 before Sept. 15

Contact: [Mary Hansell](#) 905-854-0314

② Kitchener, Ont.

Tues. October 21

One night only! (3 hours)

☉ 'Yang 108 & Yang 54 Sword'

During the first 1! hours we will focus on correct use of the hip and waist in the traditional Yang solo form. During the second half we will turn our attention to troublesome spots in the Yang sword, clarifying posture and energy.

Cost: \$30 (\$20 for one half only)

Contact/preregister: [Steve Higgins](#)

Location: Calvin Presbyterian Church, 248 Westmount Rd., E., Kitchener, ON

③ London, Ont.

Fri October 24 - Sun October 26

Fri. Oct. 24

☉ 24 Taiji Refinement & Review

This workshop will focus on the details of the 24 Movement Simplified Yang Style Taijiquan form which was created in 1954 in China and is a standard around the world. This form is also the basis for 5 Section Taijiquan.

Cost: \$35 (\$25 for seniors)

Contact/preregister: [Gloria Jenner](#) 519-439-8875

[Phoenix Tai Chi website](#)

Location: Memorial Hall, 19 A Holborn Ave.

Sat/Sun. Oct. 25&26 10 am-5pm both days

☉ Yang Taiji: 37 Forms Jam

揚式太極拳三十七重要式

Fun! The Yang Style Taijiquan solo form contains approximately 108 movements but the oldest taiji documents describe 37 forms (式) that comprise the

basis the traditional routine. In this workshop we will explore the underlying themes of the '37 Essential Forms' through a combination of solo and partner explorations and improvisations. Learn how to compose your taiji on-the-spot!

Cost: \$210 (Early Bird \$195 register before Oct.1)

Location: London Waldorf School.

Location. 7 Beaufort St.

Contact/preregister: [Kevin Heckendorn](#)



④ Gatineau (Hull), PQ, Canada

Fri October 31 - Sun November 2

les 25 Énergies du Tai chi chuan (#1) Taijiquan 25 Energies Series (#1)

Vendredi:

🌀 le travail de sensation/perception des mains (jue-shou)

Le travail de sensation/perception des mains (jue-shou) fournit la base pour une étude plus poussée des énergies du tai chi chuan. La session du vendredi soir servira de base au travail de toute la fin de semaine; cette session est cependant ouverte à tous, quelque soit leur niveau d'expérience avec le tai chi chuan.

Samedi et Dimanche:

🌀 les 25 Énergies du Tai chi chuan (#1)

Écouter (Ting Jin), Comprendre (Dong Jin), Recevoir (Zou Jin) et Neutraliser (Hua Jin)

La pratique du tai chi chuan repose en grande partie sur un ensemble de « jin » ou énergies spécifiques. Sam a enseigné au cours des huit dernières années une progression de 25 énergies dans ses Camps d'été annuels de pousse-mains à Vancouver. Nous commencerons en Novembre le premier d'une série d'ateliers sur ce sujet. Débutant avec Zhan-Nian Jin (l'énergie de coller), nous étudierons en détails les énergies de « rouler, transférer, pivoter et échanger » qui sont fondamentales pour établir et maintenir la qualité de contact requise à l'étude des énergies suivantes.



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English

Friday: Oct. 31 7-10pm

🌀 Jue-shou: Sensing-hands

Sensing-hands provides the basis for more advanced studies of 'jin', the kinetic energies which provide the basis for taijiquan's use of 'intrinsic power'. This evening will provide a foundation for the weekend class to follow but can be attended by anyone regardless of experience.

Saturday & Sunday: Nov. 1-2 10am-5pm

🌀 Taijiquan 25 Energies Series (#1) Zhan-Nian, Ting, Dong, Jie & Hua Jin

(Sticking, Listening, Understanding, Receiving, Neutralizing Energies)

Taijiquan forms and partner practices are based to a great extent on 'jin', discrete kinetic energies. For the past 8 years Sam has worked with the progression of 25 basic energies of Push Hands in his *Annual Vancouver Summer Push Hands Camp*. This November we will begin the study of these energies as the first in a series of workshops with Sam to explore this profound topic. Beginning with Zhan-Nian Jin or 'Sticking Energy', we will examine in detail rolling, transferring, pivoting and exchanging, the vital elements in maintaining the firm and relaxed connection so important in studying the next few energies.

(These classes are appropriate for English & French speakers)

Vendredi soir (Fri eve): 19h00 à 22h00 seulement: \$45 (membre) \$55.00 (non-membre)

Samedi ou Dimanche (Sat or Sun): 10h00 à 17h00 seulement: \$90 (membre) \$100 (non-membre)

Samedi et Dimanche (Sat and Sun): \$175 (membre) \$195 (non-membre)

Fin de semaine (whole weekend): \$195.00 (membre) \$225.00 (non-membre).

Location: Centre de Tai Chi Gilles-Vaillant 109 rue Wright, Gatineau, Que., J8X 2G7 ([MAP](#))

Contact/preregister: [Réal Lalande](#) 819-778-0147

