

WHITSUN SEMINAR

VENLO (NL)



MA JIANGBAO

WU STYLE TAIJIQUAN

4 - 5 - JUNE

2022

吳式太極拳



WHITSUN SEMINAR

Once again we host the yearly Whitsun Seminar with continuing effort to promote shifu Ma Wu style Taijiquan.

As always, this seminar is all about practice. And after two years of non-activity due to corona, we will focus entirely on what shifu Ma has passed on. Regardless of level/skill anyone is welcome to participate. You can try something new, rehearse what you have learned and/or fine-tune your performance skills.

The program will be organized based on participants registrations, preferences and wishes. Therefore we urge you to sign up via the registration form!

In the Netherlands there are no more corona measures in effect, so we are free to train with each other as before. But those who do not feel confident under these circumstances and would like to wear a mouth guard or keep a distance of one and a half meters, feel free to let us know and we will take it into account.

On Saturday and Sunday there is the possibility to conduct a "Peer Learning" session. Peer learning is a voluntary contribution of a participant on any subject of his/her choice that can increase our understanding of taijiquan. The subject-topic is free (e.g. qigong, meditation, [different style of] taijiquan, martial and/or weapon training, other forms of self-cultivation etc.) and can be theoretical and practical in nature. So if you think you have something to share, please indicate this in advance.

Although the set-up has changed somewhat over the years, all past Whitsun-seminars would not have been possible without the unwavering commitment and dedication of its initial organizer and personal confidant of shifu Ma, Bart Saris. We owe him a great deal of gratitude! But this year his contribution is mostly supervisory due to health reasons.

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SEMINAR PROGRAM

For this year's seminar we have made a general program.
(*You have to bring along your own practice weapons.*)

Saturday Program

(June 4, 2022)

Time	Content
11.00	Doors open
12.00 – 13.15	Joint Practice of Preparatory Exercises and Long Form
13.30 – 14.30	Session 1 based on your preferences (select in registration form)
14.30 – 15.30	Session 2 based on your preferences (select in registration form)
16.00 – 18.00	Voluntary peer learning or your preferences
19.00	Diner

Sunday Program

(June 5, 2022)

Time	Content
10.30	Doors open
11.00 – 12.00	Joint Practice of Preparatory Exercises and Long Form
12.30 – 13.30	Session 1 based on your preferences (select in registration form)
14.00 – 15.00	Session 2 based on your preferences (select in registration form)
15.30 – 16.30	Session 3 based on your preferences (select in registration form)
16.45 – 17.45	Voluntary peer learning or your preference
18.00	End

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OUR TEAM

We are very proud to present our team:



Bart Saris
Supervisor



Richard Zwaard
Instructor



Mark Rusman
Instructor

PRACTICAL INFORMATION

Participation Fee

All are welcome!

If you sign up in advance the participation fee is:

- € 100.00 per day

If you don't sign up in advance the participation fee is:

- € 125.00 per day

Location

- Scouting Baden Powell "De Piramide"
Albert Cuystraat 1
5914 XE Venlo (NL)

For directions click here: [Link](#)



Sign-up/assistance **Mark Rusman**

E-mail: move2taiji@gmail.com

Sign-up Closing Date **May 29, 2022**

We look forward to see you!