Schedule

10:00 — 11:00 am
Free Taiji and Qigong Demonstrations (Commonwealth Auditorium)

11:15 am — 12:15 pm
Taiji and Qigong for Health (Tidewater A)  Instructor: Stan Rockwell
You can practice the principles of Taiji and Qigong anytime and anywhere! This session will work on posture, breathing, framing, visualization, motivation, meditation, and the concepts of qi flow, wu wei (inaction) and de (virtue). You will also learn a simple but powerful Qigong exercise based on the Five Elements of Chinese philosophy.

Thirteen Wudang Taiji Forms (Tidewater B)  Instructor: Bill Hansell
The Thirteen Wudang Taiji Forms were created approximately 18 years ago using a description in an ancient document uncovered on Wudang mountain. This form is the oldest known recorded form of Taiji and is estimated to be approximately 775 years old.

12:15 — 13:30 pm
Lunch

13:30 — 15:00 pm
Eight Pieces of Brocade Qigong (Tidewater A)  Instructor: David Hamilton
The Eight Pieces of Brocade is one of the most popular of all the Qigong routines. It consists of 8 individual exercises designed to enhance and improve balance, flexibility, muscle tone and the ability to relax and focus the mind. We will also learn Bird Pose (key for balance) and several Qigong stretching exercises.

Beginner Sun Style (Tidewater B)  Instructor: Stan Rockwell
Sun is the youngest of the five major families of Taiji and incorporates Qigong, bagua, and xingyi into the Taiji form. This particular beginner form is very simple and was designed to relieve pain. We will learn both the standing and sitting forms as well as Qigong for warming up and cooling down.

15:15 — 16:30 pm
Wuji Qigong Short Form (Tidewater A)  Instructor: David Hamilton
The Wuji Qigong Forms (both Short and Long) are modern renderings of classic Qigong exercises. In the Short Form we will be learning Swimming Dragon, Dragon Pearl, and Bagua Xun Dao Gong. In addition, we will practice several exercises from the Long Form as well as Qigong techniques of self-massage and meridian tapping.

Taiji/Kungfu Fan Form (Tidewater B)  Instructor: Bill Hansell
This fan form is comprised of 52 movements which are organized into six sections. Sections 1 and 6 are done with a slow Taiji tempo, while Sections 2 through 5 are done with a more upbeat Kungfu tempo. In addition to the movements, instrumental and vocal music accompany the form.

Culture Demonstrations
11:15 am — 16:30 pm (York Room)
WMCI staff will hold interactive Chinese culture demonstrations such as calligraphy, painting, paper-cutting, and tea ceremony.

Profile of the Instructors

Bill Hansell has been a practitioner of various Taiji forms for over 40 years. His primary focus is on Yang style forms. He retired after 30 years with the US Army and lived in Asia for 5 of those years. He currently lives near West Point, VA and teaches approximately 14 classes in the area each week. You can visit Bill’s website at www.williamsburgtaiji.com to see his fall class schedule and view videos of the forms he practices and teaches.

David Hamilton has been practicing Qigong for the last 13 years. He has taught Qigong classes for WALT and is currently teaching a weekly class at Ironbound Gym. He is enrolled in a Qigong certification program with Shifu Michael Rinaldini at the Qigong & Daoist Training Center located in Sebastopol, California.

Stan Rockwell has studied Taiji for about 14 years. He is a counseling psychologist in private practice in Williamsburg and uses Qigong and Taiji as part of his practice to help individuals balance mental, emotional, physical and spiritual health. He also teaches Taiji. You can find out more about him at http://taiji.stanrockwell.com/.