

# Tai Chi Chuan with Sifu Robin Gamble

This is your chance to experience genuine “Tai Chi Chuan”, an internal martial art from China, with the highly respected international master, Sifu Robin Gamble.  
Don't miss this opportunity!

Tai Chi Chuan (Taijiquan) is ‘**meditation in motion**’. It improves your **energy levels**, your **cognitive function**, **emotional intelligence** and **overall wellbeing**.

- **Reduce stress**
- **Flow in demanding situations**
- **Build your presence and body-mind connection**
- **Gain physical, mental and emotional flexibility**



Four workshops are spread out over two days (see below), which can be attended separately or as a package. **All workshops are open to all levels.**

***“Bring down stress in just 15 minutes, increase your flow and clarity by performing easy and poetic movements”.** You can learn this in ‘Essential Tai Chi Chuan’.*

***Neutralize negative energy** aimed at you and **transform negative situations into positive?** In ‘Intro to Tai Chi Chuan Push Hands’, these are the skills we’ll look at.*

*In ‘Applied Tai Chi Chuan Philosophy’ workshops, you will learn how to use **Tai Chi Chuan’s tactical skills to improve your daily life.***

After the course, keep progressing with Robin with workshops in Europe, Asia and “one to one” online. With enough interest, Robin is willing to come more often to Amsterdam to teach and check your progress.

## Prices:

One workshop: €75,- Two workshops: €150,- Three workshops: €200,- Two days: €225,-.  
If you book the whole weekend or bring a friend, you will be offered a free Skype session of one hour for free.

## Dates, information and applications:

The course will be held in 2017. Dates are yet to be determined. Please e-mail Roeland Oevering for more information: [roeland.oevering@gmail.com](mailto:roeland.oevering@gmail.com)

[www.WarriorStrategy.com](http://www.WarriorStrategy.com)

**Morning   9.30 a.m. - 12 midday**

## **Essential Tai Chi Chuan**

**Form:** Fundamental movements like; Lifting Water, Cloud Hands, Grasping the Sparrow's Tail

**Force:** Basics of Stance training and the Three Circle Stance

**Philosophy:** Using softness to overcome hardness and using circular to counter straight attacks

**Function:** Self defence applications of Grasping the Sparrow's Tail

**OPEN TO ALL LEVELS**

**Afternoon   2 p.m. - 4.30 p.m.**

## **Tai Chi Chuan Philosophy Applied To Life- Part 1**

**Form:** Suitable Tai Chi Chuan patterns will be used to express featured principles.

**Force:** Cloud Hands for mental focus

**Philosophy:**

- 1) Knowing the Self and Knowing the Opponent
- 2) Understanding the dynamic of Yin and Yang
- 3) Sinking the Chi

**Function:** Combat examples and case studies will be provided of how to use the above tactics effectively.

Participants will be challenged, in groups, to give examples of how principles can be applied effectively to daily life.

**OPEN TO ALL LEVELS**



**Morning   9.30 a.m. - 12 noon**

## **Intro to Tai Chi Chuan Push Hands**

**Form:** Deeper levels of Grasping the Sparrows Tail and Push Hands footwork

**Force:** Developing flowing and “listening” force

**Philosophy:** Re-directing force, using 4 ounces to deflect 1,000 pounds and how these can be applied to daily life.

**Function:** Three distances of neutralizing attacks, fixed step free push hands, five directions of footwork

**OPEN TO ALL LEVELS**



**Afternoon   2 p.m. - 4.30 p.m.**

## **Tai Chi Chuan Philosophy Applied To Life- Part 2**

**Form:** Suitable Tai Chi Chuan patterns will be used to express featured principles.

**Force:** Dan Tien breathing for enhanced mental focus and clarity

**Philosophy:**

- 1) Listening and Yielding
- 2) Neutralizing and Re-directing
- 3) Sticking and Following

**Function:** Combat examples and case studies will be provided of how to use the above tactics effectively,

Participants will be challenged, in groups, to give examples of how principles can be applied effectively to daily life.

**OPEN TO ALL LEVELS**

