

## **Master Ding Academy Dublin workshops and Masterclasses 2020**

### **Master Ding Masterclass January 17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup>**

17<sup>th</sup> 10am-4pm:

Instructor training.

Location Liam Rodgers Community Centre, Swords

€120

18<sup>th</sup> 10am-4pm:

Instructor training.

Location: Donahies Community School Gym.

€120

€210 for both Friday and Saturday

19<sup>th</sup> 9am-3pm:

Open Masterclass:

Topic: Rooting and Spiral. A great opportunity to deepen your understanding of these two principles, learning from Masters John and Alan Ding.

Suitable for all levels including beginners.

Location: Donahies Community School Gym

Earlybird: (Payment received in full before Jan 11th)

MDA members: €100

Non members: €110

Standard rate:

MDA members: €130

Non members: €140

## **Masterclasses with Master Ding in Dublin**

October 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>

2<sup>nd</sup> 10am-4pm:

Instructor training.

Location Liam Rodgers Community Centre, Swords

€120

3<sup>rd</sup> 10am-4pm:

Open Workshop.

Topic: Sinking and Rooting.

Location: Donahies Community School Gym

A hallmark of good Tai Chi practice is a form or posture that's settled and rooted. These characteristics allow both static postures and movements to be simultaneously relaxed and very stable.

4<sup>th</sup> 9am-3pm:

Open Masterclass:

Topic: Connection and Flow.

Location: Donahies Community School Gym

The movement of the form should flow like a mighty river, no corners, no breaks. Similarly the body should flow as one interconnected unit.

Suitable for all levels including beginners.

Earlybird: (Payment received in full before Sept 26th)

MDA members: 1day €100, both days €175

Non members: 1day €110, both days €200

Standard rate:

MDA members: 1 day €130, both days €210

Non members: 1 day €140, both days €260

## **Open Workshops with Ross Cousens 2020**

### **Open workshop: Yang Style Broadsword, (Dao)**

Feb 29<sup>th</sup> & Mar 1<sup>st</sup> 10am-4pm:

Deepen your practice through the first of the weapons forms in the Traditional Yang Style syllabus. Broadsword helps develop focus and expression of power.

Suitable for those who have completed the long form.

Location: Donahies Community School Gym

Early bird: €130

(Payment received in full before Feb22<sup>nd</sup>)

Standard rate: €150

### **Open workshop: Chi Kung**

April 25<sup>th</sup> 10am-4pm:

The first and most important of all our practices. The foundation from which all else is built.

Suitable for all levels including beginners

Location: Donahies Community School Gym

Early bird:

MDA members: € 70

Non members: € 80

(Payment received in full before April 18<sup>th</sup>)

Standard rate:

MDA members: € 80

Non members: € 90

## **Three day Tai Chi Foundation Form Intensive.**

June 21st, 28th & July 5th

10am-4pm:

We will also be running a 3 day '15 minute Tai Chi' Course in June/ July. This Course is specifically for those who may be currently learning the foundation form and wish to speed up it's completion and deepen their understanding of Tai Chi principles. It's also suitable for those who have no Tai Chi experience and wish to take the opportunity to learn the entire foundation form at a three day intensive.

Along with Taoist Core exercises we will be covering the three pillars of Tai Chi practice. Chi Kung I, the Foundation form and basic partner work exercises.

Location: Malahide Tennis Club.

Early bird:

(Payment received in full before June 8th)

MDA members: €190

Non members: €220

Standard rate:

MDA members: €210

Non members: €240

## **Instructor/Senior Development training.**

July 18<sup>th</sup> 10am-4pm

Donahies Community School Gym

Earlybird rate, (payment received before July July 11<sup>th</sup>): €80

Standard rate: €90

## **Open Workshop: Pushing Hands**

July 19<sup>th</sup> 10am-4pm

The third and final pillar in our practice. Gau Sau or 'pushing hands'. Developing sensitivity in contact, connection and flow within ourselves, but equally importantly, with others.

Location: Donahies Community School Gym

Earlybird:(Payment received in full before July 11<sup>th</sup>)

MDA members €70

Non members €80

Standard rate:

MDA members €80

Non members €90

## **Open workshop: Ta Lu**

Nov 21<sup>st</sup> 10am-4pm

Ta Lu is a two person set where both practitioners learn how to feel oncoming force, adhere to their partners movements, neutralize incoming force and when appropriate, project power. We will spend the day learning and deepening our understanding of 3 Step Ta Lu, Four Corners and Ta Lu form, as appropriate. Suitable for all levels including beginners.

Location: Donahies Community School Gym

Early bird: (Payment received in full before Nov 16<sup>th</sup>)

MDA members: €70

Nonmembers: €80

Standard rate: MDA members: €80

Non members: €90

