

Master Ding Academy

2 Year Instructor Training Programme

Course fee: €4300

All payment must be paid and received by Master Ding Academy, a week before the first weekend course commences.

Special discount for early payment:

Members **€3750** Non-Members **£3850**

To get this special discount, payment must be received by Master Ding Academy by following dateline:

Ireland 25th April 2014 / Germany 30th May 14

United Kingdom 30th Jun 14 / Italy 30st August 14

Important Note:

If you are unable to complete the course due to unforeseen circumstances, we would allow you to repeat the next MDA Instructors Training programme so that you can complete the course. You will only be allowed to repeat this course once for free.

Schedule training Date

If you missed the weekend training, you can catch up the session missed in another country.

Course	United Kingdom	Ireland	Germany	Italy
Week 1	5- 7 th Sept 14 London	11 – 13 th July 14 Dublin	8 – 10 Aug 14 Hamburg	14 -16 Nov 14 Milan
Week 2	28 – 30 Nov 14 London	31Oct – 2 Nov 14 Dublin	28 - 30 Nov 14 Dusseldorf	23 – 25 Jan 15 Rome
Week 3	20 -22 Mar 15 London	Jan 15 Dublin	17 - 19 April 15 Aachen/ Bonn	20 – 22 March 15 Milan
Week 4	19 -21 Jun 15 London	May 15 Dublin	17 - 19 Jul 15 Karlsruhe	29 – 31 May 15 Rome
August Retreat 15	17 -23 Aug 15 Preston, UK	17 -23 Aug 15 Preston, UK	17 -23 Aug 15 Preston, UK	17 -23 Aug 15 Preston, UK
Week 5*	Oct 16 London	Oct 15	Oct 15 Aachen / Bonn	Oct 15
Week 6*	Jan 16 London	Jan 16	Jan 16 Hamburg	Jan 16
Week 7*	Mar 16 London	March 16	March 16 Dusseldorf	March 16
Week 8*	May 16 London	May 16	May 16 Karlsruhe	May 16
August Retreat 16	15 -22 Aug 16 Preston, UK	15 -22 Aug 16 Preston, UK	15 -22 Aug 16 Preston, UK	15 -22 Aug 16 Preston, UK

*Year 2 dates to be arranged on the first weekend course

Venues : All locations when finalised will be emailed to you nearing the time

Times : 10:00 – 16:00

Course General Overview

This course is open to beginners and those with experience of Tai Chi.

Duration: Two year course.

Each year, you will need to attend 4 weekends (i.e. Friday to Sunday) held almost one every 2 months and a week residential retreat in August at Preston, Hitchin, Hertfordshire, UK.

Course content: This will be divided into two sections:

Year1:

- Core Exercises, (12 exercises)
- Chi Kung I, (8 postures)
- Foundation Form
- Long Form, (Crane aspect)
- Static Posture Testing
- Settling and Breathing exercises

Year 2:

- Long Form, (Yin/Yang aspect)
- Yang Cheng Fu's 10 essential points as apply to the form
- Posture testing, moving/dynamic
- Pushing Hands
 1. Shoulders/Kua
 2. Listening Energy
 3. Single pushing hands: Peng/Lui/Ji/An
- Teaching skills
- Mechanics of setting up and running a class.
- Set up and run a course/class teaching foundation form. Hand held through process, feedback to group, group learnings

More detail breakdown of the course syllabus will be emailed to you when you attend the course. Should you have any other queries, do contact MDA HQ: info@masterdingacademy.com or our appointed representatives.