

~ PARTICIPATING SCHOOLS ~

These schools have dedicated their time, effort and enthusiasm to make today's event happen. Thank you all for who you are and what you do!

Bushido Karate Academy

East Windsor, CT ♦ 860-623-6638 ♦ www.bushidokarateacademy.com

Central Connecticut Tai Chi Chuan

Meriden, CT ♦ 203-235-5703 ♦ www.centralconnecticuttaichi.com

Chen Taiji Academy

West Hartford, CT ♦ 860-836-1068 ♦ www.chentaijiacademy.com

Cheng Yee Kung Fu School

Gales Ferry, CT ♦ 860-464-9188 ♦ cykwoon.freewebspace.com

DancEnlight

www.dancenlight.org

Eagle's Quest Tai Chi Center

Waterford, CT ♦ 860-227-1994 ♦ www.eaglesquesttaichi.com

Green Mountain Tai Chi

West Pawlet, VT ♦ <https://greenmountaintaichi.com>

Health Healing Martial Arts

New London, CT ♦ 860-574-5768 ♦ morrisburch1956@gmail.com

Hunyuan Tai Chi Academy of America

North Haven, CT ♦ 203-518-4277 ♦ www.hunyuantaichiusa.com

Kapil Taneja Qigong

Hartford, CT ♦ <https://toivocenter.org>

Malee's School of Tai Chi and Kung Fu

Manchester, CT ♦ 860-646-6818 ♦ maleeschool.com

New London School of Martial Arts

New London, CT

Peaceful Wolf Tai Chi Chuan

East Haddam, CT ♦ 860-334-8488 ♦ peacefulwolftaichi.com

Red Phoenix Healing Arts, LLC

Suffield, CT ♦ 860-985-9276 ♦ robin@redphoenixhealingartsllc.com

Silver Dragon Tai Chi & Qigong

Coventry, CT ♦ 860-742-5892 ♦ www.silverdragontaichi.com

Spirit Rising Tai Chi & Qigong

Essex, CT ♦ sharon@spiritrisingtaichi.com ♦ <https://spiritrisingtaichi.com>

Starfarm Tai Chi & Qigong Search Center

Chaplin, CT ♦ Ashford, CT 959-444-3979 ♦ Windham, CT 860-931-8636

Yuehua Wu Tai Chi

Norwich, CT ♦ wany164@hotmail.com

Our appreciation to this year's organizer Joe Pandolfo, and detail coordinators George Hoffman (logo contest), Mark Whitham (T-shirt order), Steve Buschman (site set-up), Laddie Sacharko (website).

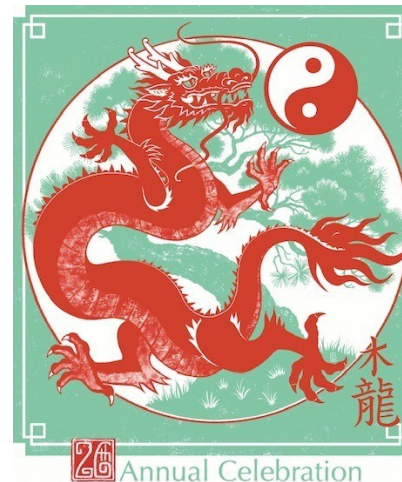
Also many thanks to all the past chairs who have helped this event reach its 26th year!

WORLD TAI CHI & QIGONG DAY

26th ANNUAL CELEBRATION

10:00am, SATURDAY APRIL 27th, 2024

TOWN GREEN, COLCHESTER CT



Masters of Ceremonies

Rich Hamel, Essential Energy, Meriden CT

Jonas Sanchez, Gentleman-Scholar Martial Hall, New London CT

9:45 Assemble at the Gazebo

10:00 Joining the World Wide Wave: Morning Qigong, led by Yuehua Wu

10:15 Introductions and Welcome

10:30 Schools Practice Tai Chi with Teachers

10:45-11:25 Free Tai Chi & Qigong Classes – 6 to choose from

11:35-12:15 Free Tai Chi & Qigong Classes – 6 to choose from

12:25-1:15 Master & Teacher Demo's during Lunch

1:20-2:00 Free Tai Chi & Qigong Classes – 6 to choose from

2:10-2:50 Free Tai Chi & Qigong Classes – 5 to choose from

3:00-3:15 Closing & Settling Wave

See complete Schedule and workshop descriptions enclosed.

Visit <http://www.connecticuttaichi.us/>
and <https://www.worldtaichiday.org>

Artwork by: Lynn Bywaters

Sound System: Jim Hammitt & Ruth O'Neil, Song-a-Day Music

World Tai Chi & Qigong Day 2024, Morning Schedule
Colchester Town Green, Colchester CT

	Location	Topic	Teacher	School
Workshop #1 10:45-11:25	Heaven	Qigong for Health	Zhang Qilong	Hunyuan Tai Chi Academy of America
	Earth	Basic Push Hands Training	Stan Baker	Chen Taiji Academy
	Thunder	Swimming Dragon Qigong with Qigong Tapping	Rich Marantz	Green Mountain Tai Chi
	Mountain	Yang Style 24 Movement	Yuehua Wu	Yue Hua Wu Tai Chi
	Fire	Marriage of Heaven & Earth Qigong	David Shaver	Peaceful Wolf T'ai Chi Ch'uan
	Lake	Coiling Silk Qigong for joints, energy & flexibility	George Hoffman	Silver Dragon Tai Chi & Qigong
Workshop #2 11:35-12:15	Heaven	Intro to Hunyuan Taiji's 24 Form	Zhang Qilong	Hunyuan Tai Chi Academy of America
	Earth	Tibetan Sticks	David Chandler	Eagle's Quest Tai Chi & Health Center
	Thunder	Five Element Meridian Qigong	Lorelei Chang	DancEnlight
	Mountain	Taijiquan Practical Applications	Antonio Suarez	New London School of Martial Arts
	Fire	The Yi Leads the Chi	David Ritchie	Central Connecticut Tai Chi Chuan
	Lake	Finding Wuji in Taiji	Steve Buschman	Bushido Karate Academy
LUNCH & DEMOS 12:25 - 1:15	Heaven	Demonstrations		
		13 Taiji Sword of Master Zhang Qilong	Lorelei Chang	DancEnlight
		Shaolin Kung Fu	Anthony Roberts Kurt Karamonos	Malee's School of T'ai Chi and Kung Fu
		Chen Taijiquan Laojia Yilu	Stan Baker	Chen Taiji Academy
		40 Yang Style	Yuehua Wu	Yuehua Tai Chi
		He Style Tai Chi	Malee Khaw	Malee's School of T'ai Chi and Kung Fu
		Chen Hunyuan Taijiquan 24 Form	Master Zhang Qilong	Hunyuan Tai Chi Chuan Academy
		Xingyiquan	Antonio Suarez	New London School of Martial Arts ,
		Baguazhang / Sword Form	Morris Burch	Health Healing Martial Arts
		Sun Taijiquan	David Chandler	Eagle's Quest Tai Chi Center
Wudang Tai Chi 13 Forms	Rich Marantz	Green Mountain Tai Chi		
Tai Chi and Wushu Performance	Malee Khaw Students	Malee's School of T'ai Chi and Kung Fu		

World Tai Chi & Qigong Day 2024, Afternoon Schedule
Colchester Town Green, Colchester CT

	Location	Topic	Teacher	School
DEMO 1:20-1:50	Dragon	Demonstration		
		Bagua Circle Walking, and Tai Chi Performance	Morris Burch Students	Health Healing Martial Arts
Workshop #3 1:20-2:00	Heaven	Shujin Zhuanggu Gong: Muscles, Tendons and Bones	Malee Khaw	Malee's School of T'ai Chi and Kung Fu
	Earth	Tai Chi Walking	Rich Marantz	Green Mountain Tai Chi
	Thunder	Five Treasures Qigong	Sharon Didato	Spirit Rising Tai Chi & Qigong
	Mountain	The Importance of Intention in Forms Practice	Antonio Suarez	New London School of Martial Arts
	Fire	Tai Ji for Arthritis and Fall Prevention: Sun Style	Sarah Winter	Starfarm Tai Ji Windham
	Lake	Reeling Silk and Developing the Dantian	Stan Baker	Chen Taiji Academy
Workshop #4 2:10-2:50	Heaven	Primordial Qigong	George Hoffman	Silver Dragon Tai Chi & Qigong
	Earth	Bagua Circle Walking	Morris Burch	Health Healing Martial Arts
	Thunder	Flowing through the week with Buddha's Sacred Postures	Kapil Taneja	Kapil Taneja Qigong
	Mountain	Sun Taijiquan 10 Movement Form	David Chandler	Eagle's Quest Tai Chi & Health Center
	Fire	Tai Chi for Heart Conditions	Robin Henrie	Red Phoenix Healing Arts
	Lake			
Closing 3:00-3:15	Heaven	Fare wells & Settling Wave	Jonas Sanchez, Joe Pandolfo	

World Tai Chi & Qigong Day 2024, Opening Wave
Colchester Town Green, Colchester CT

	Location	Topic	Teacher	School
Worldwide Wave 10:00 - 10:15	Heaven	Wusong Shenfa "Five Loose Body Methods" 3 & 3 Taichi and Qigong movements and closing	Yuehua Wu	Yue Hua Wu Tai Chi
Morning practice 10:30	Any	Students and Visitors practice with respective Teachers	All	All