

North East Zhong Ding Seminars

22nd & 23rd October and 5th November 2016

with

Nigel Sutton and Tan Mew Hong



NIGEL SUTTON

Nigel is a martial artist with more than forty years of experience, who has spent the last two decades living, training and teaching in Southeast Asia.

Working from his foundational knowledge and experience of the taijiquan of Cheng Man Ching. Nigel has broadened the scope of his studies to include other Chinese martial arts, multiple styles of silat, traditional Filipino Eskrima (Eskrima De Campo JDC-IO) and Thailand's Krabi Krabong.

He holds instructor rankings, many of them at a senior grade, in Taijiquan, Xingyiquan, Baguazhang, Liangshi Wushu, five styles of Silat, Eskrima DeCampo JDC-IO and Krabi Krabong. He is a lineaged initiate in many of these systems.

He continues to research, through practice and participant observation, the martial traditions of the region. His current research is focused on the core elements common to all martial arts which constitute effective martial movement.

TAN MEW HONG

Nigel's wife, Tan Mew Hong (or Fong as she likes to be called), is the President of Zhong Ding International.

She has been practicing martial arts for more than 25 years and practices and teaches Taijiquan (Zhengzi and San Feng styles), Jing Wu forms, Baguazhang, Eskrima and Silat.

A senior student of the late Master Liang He Qing, she is committed to the Spirit of Jing Wu, whereby all martial art styles and systems are recognized as being of equal value, each with their own specialities.

During her martial arts career Fong has competed successfully both in Malaysia and in the UK, in both form and combative disciplines.

Saturday 22nd October 2016

10.00 – 16.30

"The Inner and the Outer – principles of taijiquan"

Nigel

Work at this seminar will be on form and pushing hands and will be suitable for all. In addition, there will be work on the Dao De Jing and taijiquan.

Fong

In the afternoon session, Fong will teach the Double Dagger Form. (She will also be doing a session on this on the evening of 24th October, please ask for details if interested)

Sunday 23rd October 2016

10.00m – 16.30

Nigel

The main focus of the seminar will be push hands.

Fong

Fong will be teaching the Fan Form.

Saturday 5th November 2016

10.00 – 16.00

"Mind in Movement - a study of moving meditation practices drawing from Taijiquan and other Asian Sacred Movement systems. This course is suitable for all exponents of the Asian martial arts as well as those with in interest in Sacred Movement."



Venue:

22nd/23rd October

The Large Café Room
Henshaws
50 Bond End
Knaresborough
HG5 9AL

22nd/23rd October

Pre-booked (£10 deposit)

	Day	Weekend
Zhong-Ding Members	£40	£75
Non- Zhong Ding Members	£45	£85

Pay-on-the-day

Zhong-Ding Members	£45	£85
Non- Zhong Ding Members	£50	£95

5th November

Zhong-Ding Members	Red packet
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Venue:

5th November

Yorkshire Centre for
Wellbeing
40 Duchy Road
Harrogate
HG1 2ER