



Sifu
John Ding
Friday, 25th -
Sunday 27th April
2025



Master Class

Applied Tai Chi Chuan Principles

All Tai Chi movements, whatever the style of Tai Chi Chuan, are based on the principles and concepts – otherwise they are empty choreography. Only by understanding and incorporating the principles and concepts into daily practice will you be able to harness Chi and use it for health, healing or self-defence.

Each Master Classes workshop will involve Tai Chi principles, postures, applications and hands-on tuition with plenty of opportunity for questions. You will not only learn about traditional Tai Chi Chuan but will also learn how to apply and integrate the concepts and principles of Chi Kung and the traditional form so these become “alive”, dynamic and most important, functional. This is key to improving and achieving a high level of proficiency in Tai Chi Chuan. There will be hands-on tuition and plenty of opportunity to ask questions. The workshop will transform your Tai Chi practice

At this three day workshop we shall look at the followings:

Date : July, Friday: **Self-defence**

July, Saturday and Sunday:
Special course: She Ji Cong Ren (2 days intensive course)

focusing on this essential principle
“to abandon oneself, to follow the opponent”
 from Master Ip’s Book (page 154)

Time : 10 am to 4 pm

Venue : Carl-Ludwig-Jessen-Schule Ulmenweg 1 25899 Niebüll

Levels: Open to all Tai Chi practitioners and other martial artist

Course fee: For registration and payment **(Places are limited. You are advised to book early.)**

Early payment by 15th march:

MDA Members*	1 day	100 €	Non-members	1 day	130 €
	2 days	175 €		2 days	220 €
	3 days	250 €		3 days	300 €

Payment after dateline:

MDA Members*	1 day	130 €	Non-members	1 day	150 €
	2 days	210 €		2 days	260 €
	3 days	300 €		3 days	380 €

The membership is only available to people who attend a regularly class!

The specified course times include breaks in coordination with the students.
The workshop will be taught in English.

The fee shall be paid to:

Ute Andresen
NOSPA Niebuell
IBAN DE 58 217 500 000 16 40 699 24
BIC NOLADE21NOS

Keywords: Open Workshop Niebüll 2024 (Important!)

The application shall be deemed accepted if no contrary message arrives.
Payment will be refunded if the workshop is cancelled.

Please register by email to: Ute Andresen: taichi-nf@versanet.de

Accommodation:

Youthhostel Mühlenstraße 65
25899 Niebüll
Tel: 04661 937890
Fax: 04661 9348744
niebuell@jugendherberge.de
www.jugendherberge.de/Jugendherbergen/Niebuell639/Portraet

Hotels: **Landhafen**
Deezbüller Straße 70
25899 Niebüll
Tel.: +49 (0) 4661 - 70 89 270
www.landhafen.com

Niebüller Hof
Hauptstraße 15
25899 Niebüll
Tel.: 04661 - 608-001
info@niebueller-hof.de
www.niebueller-hof.de

Insel-Pension
Gotteskoogstraße 2-4
25899 Niebüll
04661 2145 oder 04661 942034
insel-pension@t-online.de
www.inselpension.de

Strandhotel Dagebüll
Directly at the port to the islands (10 miles distance to the gym):
Nordseestr. 2 - 4
25899 Dagebüll
04667 94000
www.strandhotel-dagebuell.de

Camping www.campingplatz-dagebuell.de Tel: 04667 951168
www.camping-leck.de Tel: 04662 1850

Holiday homes: **Mien Huus/ Dagebüll** (10 miles distance to the gym)
www.urlaub-dagebuell.de

Harksen Hüs
Am Sportplatz 15a
25899 Klxbüll
04661 901650
0151 640 379 40
post@harksenhues.de

Bosbüll Huus

Hauptstraße 9

25899 Bosbüll

04661 900 1364

info@urlaub-nordfriesland.com

www.urlaub-nordfriesland.com

Tourist-Information: www.niebuell-online.de
www.niebuell.de
www.nordfrieslandtourismus.de

To save on cost, you can also stay overnight at my Training Center (Risumer Weg50, 25899 Niebüll) during the workshop. There is shower and toilet facility available on the premise. There will be a small fee of 15 € per night incl. breakfast.