



VERSION 0

# Centre YCF Paris 16<sup>th</sup> Seminar



**YANG FAMILY  
TAI CHI CHUAN**

**Organizes**

SEMINARS on

# YANG FAMILY TRADITIONAL TAI CHICHUAN

Conducted by Grand Master

# YANG Jun

5<sup>th</sup> Generation Holder

## April 7 – 13, 2017

Gymnase Bâtiment 310

Université Paris-Sud XI - ORSAY (91)

April 7– 10

**TAI CHI CHUAN - 103 Handform**

April 12-13

**TAI CHI JIAN – Sword 67**

April 11

**TUISHOU – Push Hands (For YCF members)**

## The Yang ChengFu Center Paris Association Wushu Dao de la Vallée

Has the great honor to welcome you at the 16<sup>th</sup> annual Tai Chi Chuan seminar in Paris directed by Grand Master YANG Jun.

Everyone knows Grand Master YANG Jun for his outstanding quality of teaching, combining tradition and modernity, and the moral virtues he embodies.

Enriching and deepening your Tai Chi understanding and practice by the 5<sup>th</sup> Grand Master Holder of the YANG Family, among Brothers and Sisters of the great Yang Family tai chi players Community, in a welcoming Campus in the beautiful green “Vallée de Chevreuse”, this is all what this great seminar offers you. The program includes a deepening theory of tai chi and practice of the traditional 103 Handform, with energy aspects and Martial applications, Corrections, and the graceful, light and flowing traditional 67 Sword Form.

For YANG ChengFu members you can also participate to Tuishou (push hands) workshops to apply and make alive the principles worked out in the handform.

We look forward meeting you very soon !

**Duc & Carole NGUYEN MINH**  
YCF Center Paris Directors

### CONTACTS

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06 07 26 72 96

06 31 93 16 69

[www.yangfamilytaichi.com](http://www.yangfamilytaichi.com)

[www.yangfamilytaichi.fr](http://www.yangfamilytaichi.fr)

Application From to fill and return with payment to

**Centre YANG ChengFu Paris - 27 Allée des Gravieres Salmouille 91190 Gif-s/Yvette - FRANCE**

Name .....  
N°ID YCF member .....  
Email (*Important*) .....  
Tel. ....

Seminar Cost in € Calculation (*)	a. FEES for Registration	b. FORMS Option..... (*)	c. TUISHOU (YCF member) TS .....+.....	TOTAL d = a + b+ c
	25 +	..... +	..... =	.....

<input type="checkbox"/> I'll have lunch in the campus Mark →	Mon	Tues	Wed	Thurs

I'll stay at Hotel : .....  
 (**← mark**) I NEED A RECEIPT

Address.....  
Town, Zip code, .....  
Country .....

*I certify that all my declarations on this form are true and I do accept the booking conditions on the reverse of this form*  
At..... on.....

Signature:

Payment altogether on reservation

*(\*) +10% after April 6<sup>th</sup>*

### PAYMENT ORDER (in Euros)

- ◆ From France: pay by cheques to Wushu Dao
- ◆ Other countries bank order to: Wushu Dao  
Crédit Agricole rue Amodru – 91190 Gif-sur-Yvette . France

Bank code	Branch office	Account Nr	Key
18206	00466	50051799001	90

Others details may be used by your bank for international payment:

IBAN **FR76 1820 6004 6650 0517 9900 190**

Bank Identification Code (BIC) **AGRIFRPP882**

## PRACTICAL INFORMATIONS

### LOCATION

**Campus Université Paris-Sud – ORSAY (91)**

➤ **Friday 7 April : WELCOME & CONFERENCE**

Gymnase « André RAQUIN »  
Bâtiment 225 – Salle C  
RER B : Gare de Bures sur Yvette

➤ **Saturday 8 – Wednesday 13 April : ACCUEIL & PRATIQUE**

Tai Chi Chuan, Sword & Tuishou

Gymnase Bâtiment 310 - RER B : Gare ORSAY-VILLE

### HOW TO GET THERE

#### By train from Paris and Airports

RER B train line links the gyms to Airport Charles de Gaulle (1h30') and Airport Orly via Antony station on RER B line and the « Orly Val » shuttle (30') and to Paris (40').

#### By Car

- Depending on the Gym :  
Byr RN 118 Road, from Paris, Exit n° 12 (Bures s/ Yvette), or Exit 11 (Orsay).
- By A10 Highway, from Paris, Exit for Bures sur Yvette or Orsay.

### LODGING

We have got special fares for the hotels below, from single or double rooms. Tell them you are with the TAICHI GROUP.

**Recommendation : book the sooner the better**

**Bures-sur-Yvette RER Station** (12' walk to gym)

**RESIDHOME** ☎ +33-1- 64 86 36 00

[bures.guyonnerie@residhome.com](mailto:bures.guyonnerie@residhome.com)

**Le Guichet RER Station** (6' walk to Gym)

**Hôtel d'ORSAY** ☎ +33-1-64 86 17 47/ Fax +33-1-64 86 17 48

[hotel.orsay@orange.fr](mailto:hotel.orsay@orange.fr)

**Gif s/Yvette RER Station** (6' train to gym)

**Hôtel LE VILLAGE** ☎/Fax +33-1- 69 28 25 51

## Provisional Technical Program

April	Friday 07	Saturday 08	Sunday 09	Monday 10	Tuesday 11	Wednesday 12	Thursday 13
8:15-8:45	Wrm up by Instructors						
9:00 am – 12:00 pm		103 HANDFORM			TUISHOU TS1 9:30-12	SWORD 67	
Lunch Break							
2:30-3:15 pm	Review & corrections classes with Directors & Instructors Training for Tuishou attendees						
3:30-5:30 pm		103 HANDFORM*			TUISHOU TS2 15-17:30	SWORD 67*	
6:00-7:00 pm	RECEPTION						
7:00-9:00 pm	Théory Conference		Friendship Dinner				

\*The last course starts earlier from 3 pm to 5 pm

### LUNCHES

➤ Possible at Campus cantine (order) except on WE.  
➤ Chinese restaurants (and others) 5km around ; possibility for car pick-up among attendees

### BOOKING CONDITIONS

- ◆ Fees must be paid before March 6<sup>th</sup> 2017
- ◆ After March 6<sup>th</sup> : Fees + 10%
- ◆ In case of cancellation :
  - before March 6<sup>th</sup> : total refund except 25 € registration fees
  - From March 7<sup>th</sup> to March 23<sup>rd</sup>: 50% refund except 25 € registration fees
  - After March 23<sup>rd</sup>: No refund
- ◆ The participant has subscribed to a Individual Insurance
- ◆ WSD membership included in fees

**Possible to attend partial seminar: consult us**



## Application Form Taichi Seminar April 7<sup>th</sup> – 13<sup>th</sup> 2017

Please send with complete payment

**SEMINAR COST (€) (Until March 6<sup>th</sup> 2017) – Not including registration fees (25€)**

**After March 6<sup>th</sup> 2017 : SEMINAR COSTS ARE RAISED BY 10%.**

FORM	Non YCF Members	YCF Members
<b>Option 1</b> Friday 7 <sup>th</sup> - Monday 10 <sup>th</sup> , April <b>THEORY &amp; 103 HANDFORM</b>	370 €	330 €
<b>Option 2</b> Wednesday 12 <sup>th</sup> Thursday 13 <sup>th</sup> , April <b>67 SWORD</b>	270 €	240 €
<b>Option 3:</b> 7 <sup>th</sup> -10 <sup>th</sup> & 12 <sup>th</sup> – 13 <sup>th</sup> April <b>THEORY &amp; 103 HANDFORM+ 67 SWORD</b>	600 €	530 €

TUISHOU workshops* (YCF Members) Thursday 17 <sup>th</sup>		
TS 1	TS2	TS1+TS2
60 €	60 €	120 €
9.30-12h	15-17h30	9.30-12 & 15-17h30

\*/TUISHOU: FOR YANG CHENG FU MEMBERS ONLY  
- Pré requisite TS2 : 4 energies and transitions  
- Pré requisite TS1 : basic circles

Priority with regard to :

- Form Seminars attendees
- On First come First served basis

**For advanced students :  
it is recommended to attend TS1 before TS2**