



**YEN-NIEN
DAOGUAN,
MADISON**
School of Extended Life

Located at 2929 Atwood Avenue, Suite 100, Madison, WI
(608) 251-4726; [taijicoleman@yahoo.com]; www.yndm.org

WINTER SCHEDULE, 2010

Starts Saturday January 16 & ends Friday May 14
(No classes during Spring Break March 29 through April 4)

YANGJIA MICHUAN TAIJIQUAN TRADITION

1. INTRO CLASSES

NEW TO TAI CHI

- **Yangjia Michuan Taijiquan Thirteen Postures**

A great entry way into learning the Yangjia Michuan style of taijiquan (t'ai chi). Class teaches breathing coordinated with movement to enhance the development of inner energy & peace of mind.

Wed 7:00 to 8:30 pm; Coach: Bob Constanine

NEW TO SPECIALITY PRACTICES

- **Taiji Shan (Fan)**

A graceful & beautiful fan set. Open to students who have had some YMT experience or learned another taiji style.

Monday 5:00 to 6:00 pm, Coach: Kathryn Coleman

- **Yangjia Michuan Tuishou (Push Hands) - Beginners**

To participate in this tuishou class, one must also be registered in other YMT forms classes and have completed at least Duan One.

Saturday 6:00 to 8:00 am; Coaches: Don & Kathryn Coleman

- **Yangjia Michuan Forms Applications - Beginners/Section One**

See description under Intermed/Advanced Classes

Monday 6:00 to 7:15 .m., Contact James Sauer (246-2124).

2. INTERMED/ADVANCED CLASSES

- **YMT Sword Cuts & Wu Dang Sword (Continuing)**

Monday 7:15 to 8:15 pm; Coach: Son Nguyen

- **Taiji Cane Set (Continuing)**

Monday 6:00 to 7:00 pm, Coach: Kathryn Coleman

- **Yangjia Michuan Taijiquan Duan One**

Participants will learn the first section of the 127 posture YMT form. Need to have taken 13 Postures as a prerequisite.

Thursday 5:30 to 7:00 pm; Coach: Son Nguyen

- **Yangjia Michuan Taijiquan Duan One & Beginning Duan Two**

Participants will finish the end of Section One and move into Section Two of the 127 posture YMT form.

Tuesday 6:30 to 8:00 pm; Coach: Don Coleman

- **Yangjia Michuan Taijiquan Duan Two & Beginning Duan Three**

Participants will finish the end of Section Two and move into Section Three of the 127 posture YMT form.

Thursday 6:30 to 8:00 pm; Coach: Terri Pellitteri

Saturday 8:15 to 9:45 am; Coach: Terri Pellitteri

- **Full Tranquility Practice**

Neigong & then moving through Thirteen Postures, Sections 1, 2 & 3.

Sunday 7:45 to 10:00 am; Coach: Don Coleman

- **Yangjia Michuan Tuishou (Push Hands)**

To participate in this tuishou class, one must also be registered in other YMT forms classes and have permission of coach.

Saturday 6:00 to 8:00 am; Coaches: Don & Kathryn Coleman

- **Yangjia Michuan Forms Applications**

Taijiquan consists of martial postures that are linked together in movement. Each posture reflects a martial application. Students in this class will have the opportunity to practice these applications. .

Intermediate: Section Two

Friday 6:00 to 7:30 am; Coach: James Sauer

Advanced: Continuing Section Two

Tuesday 6:00 to 7:30 am; Coach: Don Coleman

3. CLASSES FROM OTHER TRADITIONS

- **BaGua QiGong For Health & Longevity**

A moving qigong, form/postures often in a circular fashion.

Beginner Level:

Contact James Sauer (246-2124) if interested.

Continuing Intermediate/Advanced Level:

Wednesday 5:30 to 7 pm; Coach: James Sauer

- **Range of Motion, T'ai Chi Fundamentals**

Tuesday 9:30 to 11:00 am; Contact Sarah Watts at 244-9424

ENROLLMENT INFORMATION

Instructor Profile on Other Side

Students can enroll for a one full class per semester \$175, or semester membership \$345 which also allows students to enroll in up to 4 classes per semester. Add 1 class to semester membership for \$65.

Please fill out the information below and send this section (along with fee made out to YNDM) to:

YNDM, 801 Emerson Street, Madison, WI 53715

by January 5, 2010

Questions – call Kathryn Coleman at 251-4726 or email at:

tajicoleman@yahoo.com

YNDM is a Member of Dane County Time Bank

Name _____

Address _____

Ph _____ email _____

I want to enroll in one full semester class _____ \$175

I want a semester membership _____ \$345

Classes enrolled for (*up to 4 with a semester membership*)

1. _____

2. _____

3. _____

4. _____

Add One Class to my semester membership _____ \$345 + \$65

5. _____

Total enclosed \$ _____

Confirmations and directions will be sent to new students only.

MARK YOUR CALENDAR/MORE INFO TO COME

• **Flint Spark Workshop**, Sinsinawa Mounds, Thurs March 25 (4pm) thru March 27 (after lunch)...Public Lecture March 24 evening.

• **World T'ai Chi Day**, Saturday April 24.

• **Taiji in the Redwoods**, July 11-17, Anderson Valley, CA