

Draft programme

Celebrating World Tai Chi Day, Sunday 24 April 2016, 10.00 – 15.30,

Pimp Hall Nature Reserve, off Kings Road, Chingford, London E4 7HR

10.00 – 11.00	Tai Chi forms Senior Tai Chi Corner + any other Dao Lu students who sign up (Dao Lu instructors / senior students)
11.00 – 11.10	Break
11.10 – 11.25	Team building activities (a Dao Lu student)
11.25 – 12.25	Weapons / Tai Chi forms (for students who cannot do weapons yet) (Dao Lu instructors / senior students)
12.25 – 12.35	Break
12.35 – 13.00	Theory and discussion (Dao Lu instructors)
13.00 – 13.45	Lunch (picnic style, everyone to bring one item to share)
13.45 – 14.00	Tidy away / greeting public members arriving (volunteers)
14.00 – 15.00	FREE Join in / public session + demo by all students!
15.00 – 15.15	Short talk on bowel cancer awareness, by an NHS representative
15.15 – 15.30	Networking / coffee/tea
15.30	Close

Pricing:

A low cost community project

1. £10 for the event Dao Lu students who have a valid Dao Lu licence
2. £20 for students who don't have a Dao Lu licence or the licence is out of date
3. £7 for Dao Lu students who have a valid Dao Lu licence but are not able to attend the first session at 10-11am
4. FREE to public members for the join in session at 1.45-3pm