



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

| Venue | Tutor | Course Code | Title | Days & Times | Start / End Dates | Holidays | Total Hours | Max Numbers | Course Cost (£) |
|---|---------------|--|--|-----------------------------|-------------------|-----------------|-------------|-------------|-----------------|
| Batsford Arboretum Moreton-in-Marsh GL56 9AD | David O'Brien | LCTKD subscription | Tai Chi for Beginners and Improvers <i>A mixed experience class open to new beginners of all ages, focusing on the Yang Style Short Form. In good weather, held outside in the Arboretum itself.</i> | Monday 10-11a.m. | ongoing | 1 Jan 19 Feb | | | |
| Batsford Arboretum Moreton-in-Marsh GL56 9AD | Neil R. Hall | LCTKD subscription | Tai Chi: Principles <i>A class for more experienced students alongside beginners, with one of LCTKD's Founders. Including the Yang Style Long Form, Short Form and Beijing 24 Step, plus Qigong.</i> | Tuesday 5.30 - 6.30 p.m. | ongoing | 2 Jan 20 Feb | | | |
| Bromsgrove Burcot Grange Residential Home B60 2BJ | Louise Morey | Note this is not in the subscription scheme. | Seated Tai Chi for Beginners <i>Authentic Yang Style Tai Chi, followed from a seated position for people with limited mobility, or people who'd just like to give it a try.</i> | Thursday 11 a.m. - 12 | ongoing | | | | |
| Bromsgrove Finstall Village Hall B60 1LG | Louise Morey | LCTKD subscription | Tai Chi for Beginners and Improvers. <i>A mixed experience class open to improvers and new beginners of all ages, focusing on the Yang Style Short Form and Beijing 24 Step.</i> | Wednesday 2-3 p.m. | ongoing | 3 Jan 21 Feb | | | |
| Cleeve Prior War Memorial Village Hall Main Street WR11 8LG | Gaynor Barr | 15395 | Tai Chi for New Beginners - Taster Session <i>For people completely new to Tai Chi.</i> | Wednesday 12-1 p.m. | 28 Feb | | 1 | 15 | FREE |



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

| Venue | Tutor | Course Code | Title | Days & Times | Start / End Dates | Holidays | Total Hours | Max Numbers | Course Cost (£) |
|---|--------------|-------------|--|----------------------------|-------------------|----------|-------------|-------------|-----------------|
| Cleeve Prior War Memorial Village Hall Main Street WR11 8LG | Gaynor Barr | 15396 | Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i> | Wednesday 12-1 p.m. | 7 Mar 28 Mar | | 4 | 15 | £18 |
| Droitwich Spa Community Hall Heritage Way WR9 8RF | Louise Morey | 15090 | Tai Chi: Principles A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step. | Friday 10 - 11 a.m. | 19 Jan 23 Mar | 23 Feb | 9 | 15 | £40.50 |
| Droitwich Spa Community Hall Heritage Way WR9 8RF | Louise Morey | 15091 | Tai Chi for New Beginners - Taster Session <i>For people completely new to Tai Chi.</i> | Friday 11a.m. - 12 noon | 9 Feb | | 1 | 15 | Free |
| Droitwich Spa Community Hall Heritage Way WR9 8RF | Louise Morey | 15092 | Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i> | Friday 11a.m. - 12 noon | 23 Feb 23 Mar | | 5 | 15 | £22.50 |
| Droitwich Spa Community Hall Heritage Way WR9 8RF | Louise Morey | 15091 | Seated Tai Chi for Beginners - Taster Session <i>For people completely new to Seated Tai Chi.</i> | Friday 12-1p.m. | 9 Feb | | 1 | 15 | Free |
| Droitwich Spa Community Hall Heritage Way WR9 8RF | Louise Morey | 15094 | Seated Tai Chi for Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, adapted to be from a seated position for people with less mobility.</i> | Friday 12-1p.m. | 23 Feb 23 Mar | | 5 | 15 | £22.50 |



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

| Venue | Tutor | Course Code | Title | Days & Times | Start / End Dates | Holidays | Total Hours | Max Numbers | Course Cost (£) |
|---|----------------|---|---|--------------------------------|-------------------|----------|-------------|-------------|-----------------|
| Evesham Library Oat Street WR11 4PJ | Sue Smith | 15095 | Tai Chi for New Beginners - Taster Session <i>For people completely new to Tai Chi.</i> | Thursday 12.45 - 1.45 p.m. | 8 Feb | | 1 | 15 | Free |
| Evesham Library Oat Street WR11 4PJ | Sue Smith | 15096 | Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i> | Thursday 12.45 - 1.45 p.m. | 1 Mar 29 Mar | | 5 | 8 | £22.50 |
| Evesham Library Oat Street WR11 4PJ | Michelle Baker | 15391 | Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i> | Thursday 10.30 - 11.30 a.m. | 1 Mar 29 Mar | | 5 | 8 | £22.50 |
| Evesham Library Oat Street WR11 4PJ | Sue Smith | 15097 | Tai Chi for Improvers <i>For people who are relatively new to Tai Chi, but have learnt to follow the movements from the Yang Style Short Form.</i> | Thursday 2 - 3 p.m | 11 Jan 29 Mar | 22 Feb | 11 | 8 | £49.50 |
| Finstall | | <i>For Finstall, see under Bromsgrove, above.</i> | | | | | | | |
| Kidderminster Town Hall Vicar St DY10 1DB | Louise Morey | 15169 | Tai Chi for Beginners and Improvers. <i>A mixed experience class open to improvers and new beginners of all ages, focusing on the Yang Style Short Form. You don't need any equipment, and all ages are welcome. Free downloads are available on the LCTKD website to help learners practice at home too.</i> | Tuesday 11 a.m. - 12 p.m. | 30 Jan 27 Mar | 20 Feb | 8 | | £36 |



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

| Venue | Tutor | Course Code | Title | Days & Times | Start / End Dates | Holidays | Total Hours | Max Numbers | Course Cost (£) | |
|---|--------------|---|---|-------------------------------|-------------------|-----------------|-------------|-------------|-----------------|--|
| Kidderminster Town Hall Vicar St DY10 1DB | Louise Morey | 15170 | Tai Chi: Principles A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step. | Tuesday 1–2 p.m. | 30 Jan 27 Mar | 20 Feb | 8 | | £36 | |
| Malvern Library Graham Road WR14 2HU | Mike Coleman | 15098 | Tai Chi: Principles A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step. | Tuesday 9.15- 10.15 a.m. | 16 Jan 27 Mar | 20 Feb | 10 | 12 | £45 | |
| Malvern Library Graham Road WR14 2HU | Mike Coleman | 15099 | Tai Chi for New Beginners - Taster Session <i>For people completely new to Tai Chi.</i> | Tuesday 10.30 - 11.30 a.m. | 13 Feb | | 1 | 12 | Free | |
| Malvern Library Graham Road WR14 2HU | Mike Coleman | 15100 | Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i> | Tuesday 10.30 - 11.30 a.m. | 27 Feb 27 Mar | | 5 | 12 | £22.50 | |
| Moreton-in-Marsh | | <i>For Moreton-in-Marsh, see Batsford Arboretum, which is nearby.</i> | | | | | | | | |
| Pershore Library Church Street WR10 1DT | Neil R. Hall | LCTKD subscription | Tai Chi: Principles A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step. | Monday 10.45 - 11.45 a.m. | ongoing | 1 Jan 19 Feb | | | | |



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

| Venue | Tutor | Course Code | Title | Days & Times | Start / End Dates | Holidays | Total Hours | Max Numbers | Course Cost (£) |
|---|-----------------|-----------------------|---|----------------------------------|-------------------|----------|-------------|-------------|-----------------|
| Pershore Library Church Street WR10 1DT | Neil R. Hall | LCTKD subscription | Tai Chi: Advanced Principles <i>A class for more experienced students with one of LCTKD's Founders. Including the Yang Style Long Form, Short Form and Beijing 24 Step.</i> | Monday 12 - 1 p.m. | ongoing | 1 Jan | | | |
| Pershore Library Church Street WR10 1DT | Sue Smith | LCTKD subscription | Tai Chi for New and Recent Beginners <i>A mixed experience class open to new and recent beginners of all ages.</i> | Monday 2.30 - 3.30 p.m. | 15 Jan 26 Mar | 19 Feb | 10 | 12 | |
| Redditch Britten Street Community Hub The Old Needle Works Britten Street, Enfield B97 6HD | Louise Morey | 15171 | Learn Tai Chi in an Morning <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i> | Wednesday 10 a.m. - 1 p.m. | 28 Feb | | 3 | 12 | £13.50 |
| Redditch Britten Street Community Hub The Old Needle Works Britten Street, Enfield B97 6HD | Louise Morey | 15172 | Learn the Tai Chi Fan <i>No experience of Tai Chi itself needed for this fun workshop with the stylish movements of the Tai Chi Fan.</i> | Wednesday 10 a.m. - 1 p.m. | 21 Mar | | 3 | 12 | £13.50 |
| Redditch REDI Centre 54 South Street B98 7DQ | Louise Morey | 15101 | Seated Tai Chi for Beginners & Improvers <i>For new beginners and our Seated Tai Chi regulars.</i> | Thursday 1.30 - 2.30 p.m. | 1 Feb 29 Mar | 22 Feb | 9 | 10 | £45 |



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

| Venue | Tutor | Course Code | Title | Days & Times | Start / End Dates | Holidays | Total Hours | Max Numbers | Course Cost (£) |
|--|--------------|--------------------|---|----------------------------|-------------------|-----------------|-------------|-------------|-----------------|
| Redditch REDI Centre 54 South Street B98 7DQ | Mike Coleman | LCTKD subscription | Tai Chi for All <i>A class for beginners and more experienced students. Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. New beginners are welcome.</i> | Friday 11-12 a.m. | ongoing | | | | |
| Redditch REDI Centre 54 South Street B98 7DQ | Neil R. Hall | LCTKD subscription | Tai Chi: Principles & Advanced Principles <i>A class for improvers, more experienced students and teachers led by one of LCTKD's Founders.</i> | Friday 2.30 - 3.30 p.m. | ongoing | 5 Jan 23 Feb | | | |
| Worcester Worcestershire Martial Arts HQ Unit 18f, Shrub Hill Industrial Estate WR4 9EL | Neil R. Hall | 15102 | Tai Chi for Beginners and Improvers. <i>A mixed experience class open to improvers and new beginners of all ages, focusing on the Yang Style Short Form. You don't need any equipment, and all ages are welcome. Free downloads are available on the LCTKD website to help learners practice at home too.</i> | Friday 7-8 p.m. | 19 Jan 23 Mar | 23 Feb | 9 | 15 | £40.50 |
| Worcester Worcestershire Martial Arts HQ Unit 18f, Shrub Hill Industrial Estate WR4 9EL | Neil R. Hall | 15173 | Tai Chi for New Beginners - Taster Session <i>For people completely new to Tai Chi.</i> | Wednesday 1-2 p.m. | 7 Feb | | 1 | 15 | Free |
| Worcester Worcestershire Martial Arts HQ Unit 18f, Shrub Hill Industrial Estate WR4 9EL | Neil R. Hall | 15174 | Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i> | Wednesday 1-2 p.m. | 28 Feb 28 Mar | | 5 | 15 | £22.50 |



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

| Venue | Tutor | Course Code | Title | Days & Times | Start / End Dates | Holidays | Total Hours | Max Numbers | Course Cost (£) |
|--|--------------|-------------|--|-------------------------------|-------------------|----------|-------------|-------------|-----------------|
| Worcester Worcestershire Martial Arts HQ Unit 18f, Shrub Hill Industrial Estate WR4 9EL | Neil R. Hall | 15175 | Everyday Zen <i>A light hearted but informative look at how the eastern philosophies of Confucianism, Daoism and Zen can give us insights into our daily lives. With a bit of history, philosophy, discussion, and some fun practical exercises. Led by London Chinatown's longest established martial arts teacher, Neil R. Hall.</i> | Wednesday 2.15 - 3.15 p.m. | 28 Feb 14 Mar | | 3 | 15 | £13.50 |

See overleaf for information about how to book a course or join a class.



Internal Arts Classes from Jan - Mar 2018
See the note at the end which explains how to book.

Booking Courses or Joining Classes

LCTKD's own classes (those in the list above shown in black, with no course code)

Courses on the list above shown in black are included in the LCTKD subscription scheme. Contact us at office@lctkd.com or on 0748 478 5882 for more information or to arrange to come to a class to try it out free of charge. If you like it, your tutor will explain how to register and set up your subscription - which is a simple process that doesn't take long at all.

Note that under our monthly subscription scheme, you can attend any other subscription class appropriate to you without paying any more.

Please also check out our list of one off courses and workshops at <http://www.lctkd.com/courses.html>

Note that if you are currently on at least one Adult Learning course with us (see below), you can attend all our internal arts subscription classes by paying a reduced rate subscription of just £7 per month.

Adult Learning Courses (those in the list above shown in blue, with a course code)

Courses in the list above with shown in blue are supported by Worcestershire County Council's Adult Learning, and are not included in our subscription scheme.



Those courses you need to book in advance, and you can do that on line at this link:

<http://capublic.worcestershire.gov.uk/coursebookingpublic/>

or by following the link on our website's classfinder page (<http://www.lctkd.com/classfinder.html>) or courses page (<http://www.lctkd.com/courses.html>). You can also call in to your local Worcestershire County Council Library where they can help you book. If you have any difficulty booking, do contact us at office@lctkd.com or on 0748 478 5882 and we'll be pleased to help you.



Internal Arts Classes from Jan - Mar 2018

See the note at the end which explains how to book.

Note that you must pay for each Adult Learning course you attend, but if you are currently on at least one Adult Learning course with us, you can attend all our internal arts subscription classes by paying a reduced rate subscription of just £7 per month.