

Horsham Camp – 2nd – 4th May 2026

Timetable

Date published: 24/02/2026

Saturday 2 nd May 2026		
12:00 – 13:00	Registration	
13:00 - 14:30	Godfrey	Catherine
	Chin-na techniques	Ba Duan Jin (Immortal Family 8 pieces of Brocade. As taught within our style)
14:30 – 15:00	Break for refreshments and to finish registration	
15:00 – 16:30	Steve	Saar
	Weapons form and applications	Pushing Hand Drills, importance of; timing, position and distance
16:30 – 17:00	Tidy up and finish registration	
18:00 onwards	Evening socialising on site with pizza and beer (feel free to bring your own beer or wine)!	
Sunday 3 rd . May 2026		
09:30 – 10:00	Registration	
10:00 – 11:30	Cliff	Othmar
	Introduction to Mirror Hand form	Weapon Drills
11:30 – 11:45	Break for refreshments	
11:45 – 13:15	Catherine	Godfrey
	Ba Duan Jin Using exercises as warm up and other techniques for Health & Wellbeing	Self Defence and Applications
13:15 – 14:00	Teachers and Students Group Photos (please) followed Lunch break	
14:00 – 15:30	Ladan	Cliff
	Sword Form 2 person sets	8 forces 5 steps within the 13 powers (using pushing hand drills to demonstrate)
15:30 – 15:45	Break for refreshments	
15:45 – 17:15	Steve	Saar
	Hand form - Form and Function (8 powers and concepts)	Inside the Door techniques
18.30 onwards	Socialising off site with restaurant meal (extra cost)	
Monday 4 th May 2026		
09:45 – 11:15	Othmar	Ladan
	Push Hands exercises for everyone	Sword Form 2 person sets Different to Sunday
11:15 – 11:30	Break for refreshments	
11:30 – 13:00	Othmar	Saar
	Long form drills	Importance of “Structure & Posture” in form
13.00	Camp ends with everyone joining in for Short Hand form	