

WINTER RETREAT 2026	Class	Space	Participants
Saturday 3 January 2026			
1:30 – 4:00	8th level gathering and preparation	Kerkstraat	8th level
4:30 – 5:30	8th level WISO session 1	Kerkstraat	8th level
Sunday 4 January 2026		Kerkstraat/ FLEX	
9:00 – 4:00	8th level practice	FLEX	8th level
12.00 – 2.00	Lunch		
3.00 - 4.00	WFW (instruction #1)	Kerkstraat	Invitees
4.15- 5.00	INTRO to Winter Retreat & UPDATING All Apprenticeships T'ai Chi & PH	Kerkstraat	All
5.15- 6.30	WFW (instruction #2)	Kerkstraat	Invitees
6.00 - 7.30	8th Level session 2	FLEX	8th level
Monday 5 January 2026		Oranje Kerk Monday till Friday until 1.00 pm	
9.00 – 12.45	Vincent Zee session All morning till 12.45	Oranje Kerk	All
11.00 - 11.30	Pause		
12.45– 2.30	Lunch break		All
2.30- 6.00	APPRENTICESHIP B1	Kerkstraat	
2.30 – 3.30	PH3 Vorm feedback for All apprentices not in B1 apprenticeship	FLEX	
3:30 – 6:00	APPRENTICESHIPS B2	Kerkstraat backroom	
3:30 – 6:00	APPRENTICESHIPS B3	FLEX	
4.15- 4.30	Tea Pause		All
3.30 – 5:00	Push Hands levels for All not in apprenticeships		
5.00-7.00	DINE AT YOUR OWN CONVENIENCE		
7.00-8.00	WFW session 1	Kerkstraat	invitees
7.00-8.00 OR earlier	8th Level session 3	FLEX	8th level

Tuesday 6 January 2026			
9.00 – 12.45	Vincent Zee session All morning till 12.45	Oranje Kerk	All
12.45– 2.30	Lunch	At your own convenience	
2.30- 6.00	APPRENTICESHIPS B1	Kerkstraat	
2.30 – 3.30	PH3 Vorm feedback for All apprentices not in B1 apprenticeship	FLEX	
3:30 – 6:00	APPRENTICESHIPS B2	Kerkstraat backroom	
3:30 – 6:00	APPRENTICESHIPS B3	FLEX	
4.15- 4.30	Tea Pause		All
3.30 – 5:00	Push Hands levels for All not in apprenticeships		
6.15 – 7.15	Dinner PIZZA's night	Kerkstraat	sharing costs
7.15 - 8.30	Conversation with All on Vincent Zee material	Kerkstraat	All
9.00 - 10.00	WFW session 2	Kerkstraat	invitees

Wednesday 7 January 2026			
9.00 – 10.45	T'ai Chi Chuan & Push Hands PH 4a / PH7	Oranje Kerk	
10.45 - 11.00	Pause		
11.00 - 12.45	Sword Form Experienceship continued	Oranje Kerk	
11.30 – 12.30	Time in the Art for those not in Sword Experienceship	Kerkstraat	T.B.D.
12.45– 2.30	Lunch	At your own convenience	All
2.30 – 6.00	B1* Apprenticeship	Kerkstraat	
2.30 -3.30	PH3 Vorm feedback for All apprentices not in B1 apprenticeship	FLEX	
3:30- 3:45	Tea break		

3.45 – 6.00	Apprenticeship B2 B3	Kerkstraat / FLEX	
3.45 – 5.00	Push Hands levels for All not in apprenticeship	FLEX	All
5.00 – 6.00	Sword Form and /of Fencing	FLEX	invitees
DINER	DINE AT YOUR OWN CONVENIENCE		invitees
7.00 - 8.00	WFW 3	Kerkstraat	
Thursday 8 januari 2026			
9.00 – 10.45	T'ai Chi Chuan & Push Hands PH 4a / PH7	Oranje Kerk	
10.45 - 11.00	Pause		
11.00 - 12.45	Sword Form Experienceship continued	Oranje Kerk	
12.45– 2.15	Lunch	At your own convenience	All
11.30 – 12.30	Time in the Art for those not in Sword Experienceship	Kerkstraat	T.B.D.
12.45– 2.30	Lunch	At your own convenience	All
2.30 – 6.00	B1* Apprenticeship	Kerkstraat	
2.30 -3.30	PH3 Vorm feedback for All apprentices not in B1 apprenticeship	FLEX	
3:30- 3:45	Tea break		
3.45 – 6.00	Apprenticeship B2 B3	Kerkstraat / FLEX	
3.45 – 5.00	Push Hands levels for All not in apprenticeship	FLEX	All
5.00 – 6.00	Sword Form and /of Fencing	FLEX	invitees
5.00 -7.00	DINE AT YOUR OWN CONVENIENCE		
7.00-8.00	WFW session 4	Kerkstraat	invitees

Friday 9 January 2026			
9.00 – 10.45	T'ai Chi Chuan & Push Hands PH 4a / PH7	Oranje Kerk	
10.45 - 11.00	Pause		
11.00 - 12.45	Sword Form Experienceship continued	Oranje Kerk	
11.30 – 12.30	Time in the Art for those not in Sword Experienceship	Kerkstraat	T.B.D.
12.45– 2.30	Lunch	At your own convenience	All
2.30 – 6.00	B1* Apprenticeship	Kerkstraat	
2.30 -3.30	PH3 Vorm feedback for All apprentices not in B1 apprenticeship	FLEX	
3:30- 3:45	Tea break		
3.45 – 6.00	Apprenticeship B2 B3	Kerkstraat / FLEX	
3.45 – 5.00	Push Hands levels for All not in apprenticeship	FLEX	All
5.00 – 6.00	Sword Form and /of Fencing	FLEX	
5.00 -7.00	DINE AT YOUR OWN CONVENIENCE		
7.00-8.00	WFW session 5	Kerkstraat	
Saturday 10 2026	NO ORANJEKERK	Kerkstraat/FLEX	
9.00 – 10.45	T'ai Chi Chuan & Push Hands PH 4a / PH7	FLEX	All
10.45 - 11.00	Pause		All
11.00 – 12.00	Time in the Art	Kerkstraat	T.B.D.
11.00- 12.45	Sword Form Experienceship continued	FLEX	
12.45 – 1.45	Lunch break		All
2.00 – 3.00	PH3 Vorm feedback	FLEX	
2.00- 5:00	APPRENTICESHIPS B1	Kerkstraat	
3:00 – 3:15	TEA break		
3:15 – 5.00	APPRENTICESHIPS B2 B3	Kerkstraat/ FLEX	

5.15 – 6.00	What do we take with us from the apprenticeships, experienceship	FLEX	All
6.00 – 7:00	Prep for Diner and Party	Kerkstraat	
7:00 – 12:00	Dinner and Party	Kerkstraat	

ADDRESSES:

Stichting the School of T'ai Chi Chuan, 441 Kerkstraat 1017 HZ Amsterdam

FLEX Kerkstraat 427, 1017 HX Amsterdam

Oranje Kerk Van Ostadestraat 151-hs 1073 TK Amsterdam MONDAY till FRIDAY

Tram or Walk in T'ai Chi style between locations

CHECK THE SCHEDULE DAILY AT THE LOCATIONS IF THERE ARE ANY CHANGES MADE