

Taiji Seminar with Paul Fretter

When: Friday 23rd Saturday 24th Sunday 25th October 2026

Where: Ashburton Arts Centre, Devon

Cost: £220

Many will know Paul and his love of the mechanics of forces in push hands. For those who don't you're in for a treat.

Now our main teacher Wee Kee Jin has retired from coming to Europe, training with Paul gives us a great chance to continue training in this lineage as he holds a wealth of knowledge.

The Tai Chi Classics point us clearly toward the destination... yet often leave the method concealed. The inner mechanics—the subtle transformations of movement, the arising and dissolving of force—are rarely made explicit. This workshop is an opportunity to step into that gap.

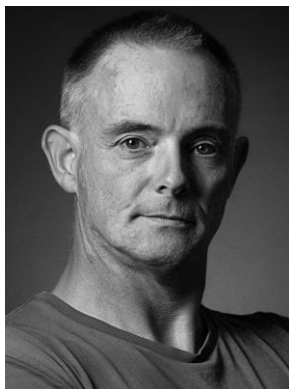
I'm delighted to welcome Paul Fretter to Ashburton for three days of focused, in-depth study. With over 40 years of martial experience and more than 35 years of taiji and 30 within the Huang lineage, Paul's teaching stands among the most respected in Europe.

Drawing on his background as a professional engineer, he brings a rare clarity to the art—cutting through vagueness and complexity to reveal practical, trainable principles. What can often feel elusive becomes tangible, something you can test, refine, and develop with confidence.

If you've ever felt that the methods were just out of reach, this approach may shift things. Paul offers direct, engaging training that not only deepens understanding but leaves you with material to work on long after the workshop ends.

Over the three days, you'll explore ways to cultivate balance and calmness—not as abstract ideas, but as embodied skills that can begin to inform everyday life.

You will view your practice in a whole new light and with fresh eyes.



"The most effective way to train Taiji is to understand how the various aspects and exercises relate to each other.

*Finding how the key inner principles are highlighted and at play and clarifying the methods used in the **5 Loosening Exercises** we can then include them in our **Taiji Form**. Likewise our **Push Hands** which is then governed by inner principles.*

The workshop will equip students with the knowledge to further refine their practice."

Paul Fretter 2026

Paul has practiced and taught martial arts since the early 1980s and in 2006 was graded to 5th Dan in Okinawan Goju Ryu Karate Do. He began Tàijí as a student of Peter Dobson in 1991, and then followed Peter to learn together under Wee Kee Jin in 1997. Since 2007, Paul has focussed his training on Wee Kee Jin's Tàijí Quan and White Crane, while maintaining a personal practice of Goju Ryu.



Paul Fretter runs several classes per week in Norwich and on zoom in Taijiquan and Fujian White Crane.

Paul is not currently teaching Karate except on request.

Paul's website and info
www.taiji.org.uk

Times: Friday 23rd October 10:00am - 1:00pm 2:00pm - 5:00pm
Saturday 24th October 10:00am - 1:00pm 2:00pm - 5:00pm
Sunday 25th October 10:00am - 12:30pm 1:30pm - 4pm

Bookings

Preference given to full 3-day bookings.
Day booking available at £80 per day.

To reserve your place please send a non-refundable deposit of £50 by bank transfer to Luke Shepherd Account 35558407 Sort Code 516118 with your name as reference and email to lukeportrait@gmail.com with your name, address and phone no.

Full details upon booking

More info

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