



Traditional Chinese Martial Arts
Institute "CHUEN"

傳統中國武術學院

Taijiquan & Qi Gong Seminar

Sombor 13th - 14th April 2019

Wudang Taijiquan is an ancient Chinese Martial Art focused on maintaining health and energetic balance in the body. Its practice is developed by observing natural laws in the nature or macrocosmos and applied into human body or microcosmos. Every movement in Wudang Taijiquan is a unique entity within the Dao embracing both aspect, phisical and mental. Movements are in harmony with the nature, thus let them become a reflection of your being.

Seminar Syllabus:

DAY 1: 18:30 - 21:30

- * Introdouction to Wudang Taijiquan and Qi Gong
- * Basics of Chinese Medicine
- * Short break
- * Basic Qi Gong Exercises

DAY 2: 10:30 - 13:30

- * Opening Qi Gong Practice
- * Basic Taijiquan Excercises
- * Short break
- * Wudang Tijiquan Forms

