

The 22nd International Seminar on Taiji & Qigong



August 4-11, 2020, Suzhou (UNESCO Site)

- I Taiji Yin-Yang 24 Elbows 8:30-9:30 2:30-3:30
1. Corrections to movements; 2. Improving Neigong; 3. Applications; 4. Q & A
- II Taiji Neidangong (4) 9:30-10:30
1. Review of Qi gathering, standing post, lower and middle Dantian exercises;
2. Upper Dantian cultivation; 3. Small heavenly circuit and Belt-meridian exercises
- III Chen-style Hunyuan Taijiquan 24 10:30-11:30 3:30-4:30
1. Corrections to movements; 2. Improving Neigong; 3. Applications; 4. Q & A
- IV Advanced instructor training and exams 4:30-5:30
71 Cannon Fist: 1. Movements, Neigong, applications; 2. Theory; 3. Q & A
- V. Taijiquan demonstrations 9th, 8:30-12:30

Price: \$1180

Contact for registering: Tel.: 18518629872 Email: worldtaiji1@gmail.com

Location: Suzhou, China

King of Neigong International Taiji Academy