

THE 23RD INTERNATIONAL SEMINAR ON CHEN-STYLE HUNYUAN TAIJIQUAN AND NEIGONG

AUGUST 7-11, 2024, GUANGZHOU, GUANGDONG, CHINA
Taught by internationally renowned Master Wang Fengming



I. Training Program, August 7-11

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| 1. Neidan Cultivation | 8:30-9:30 |
| Gathering qi, standing qigong, cultivation methods of lower and middle dantians, balancing Yin and Yang (review & ways to improve); seated, standing and walking heavenly circuit practice, root of dantian qi, central qi practice (Q & A) | |
| 2. Taiji Sword Breaker (international Instructor and duanwei form) | 9:30-10:30 |
| Movements and main aspects of usage | |
| 3. Hunyuan Cannon Fist (Paochui) 32 | 10:30-11:30 & 15:30-16:30 |
| Movements, points on neigong and main aspects of usage | |
| 4. Taiji Push-hands | 14:30-15:30 |
| a. Stationary single and double push-hands; b. Moving step single and double push-hands; c. Using different taiji energies; d. Q & A | |

II. International Wushu Instructor and Duanwei Examinations (Applicants, please provide two two-inch passport/ID photos) 16:30-18:30

1. International Wushu Instructor (Taijiquan) Specialized Examination: Promote International Wushu Level C to International Wushu Level B or A.
2. International Wushu Duanwei Examination: From 4 Duan up to 7 Duan Examinations

III. Taijiquan Demonstrations and Competition (Free Admission), August 10 13:00-17:00

IV. Travel in Guangzhou, August 12

Price: \$950 (incl. Accommodation, three meals a day, travel and transport; tuition is free)

Hotel: Vienna Hotel [维也纳酒店 (桥南奥园广场店)] Tel.: 86-020-31130888

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Organized by King of Neigong International Taiji Academy

International Website: www.worldtaiji.com

Chinese Website: www.chenhunyuantaiji.com