

# The 22nd International Seminar on Chen-Style Hunyuan Taijiquan and Neigong

August 11-17, 2023, Suzhou, Jiangsu, China

Seminar taught by internationally renowned Master Wang Fengming



## A. Training Program, August 12-15

- I. Taiji 24 Yin-Yang Elbows: *Movements, their requirements, neigong aspect, applications, and Q&A.*
- II. Chen-style Hunyuan Sword 48-movement Form: *Movements, their requirements, neigong aspect, applications, and Q&A.*
- III. Neidan Cultivation Method: *Gathering qi, standing qigong, cultivation of the three dantians (review & corrections). Balancing yin and yang, walking belt-meridian practice, walking heavenly circuit practice.*
- IV. Taiji Push-hands: *1. Single and double push-hands; 2. Using different taiji energies; 3. Seizing and joint-locking and counters; 4. How to prevent the mistakes of losing contact, leaning, resisting, and going force against force.*
- V. Chen-style Taijiquan 71-movement Form (Review & Corrections).

## B. International Wushu instructor and Duanwei Examinations (Applicants: provide two two-inch passport/ID photographs)

- I. International Wushu Instructor (Taijiquan) Specialized Examination: *Promote International Wushu Level C to International Wushu Level B.*
- II. International Wushu Duanwei Examination: *From 3 Duan up to 5 Duan Examinations*

## C. Taijiquan Demonstrations and Competition (Free Admission) August 12, 13:00-17:00

## D. Travel in Suzhou August 16-17

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Price: \$950 (includes accommodation, three meals a day, travel; airfare not included, tuition for free this year)

Accommodation: Dongwu Hotel (东吴饭店)

Address: Shiquan Street, Wuyachang 24, Suzhou, Jiangsu, China (江苏省苏州市十全街吴衙场 24 号)

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Organized by King of Neigong International Taiji Academy

International Website: [www.worldtaiji.com](http://www.worldtaiji.com)

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