

# THE 25<sup>TH</sup> INTERNATIONAL SEMINAR ON CHEN-STYLE HUNYUAN TAIJIQUAN AND NEIGONG

AUGUST 26-31, 2026, FUZHOU CITY, FUJIAN, CHINA  
Taught by internationally renowned Master Wang Fengming



## I. Training Program, August 26-30

1. Neidan Cultivation **8:30-9:30**  
Review of internal cultivation (neidan)  
External cultivation (waidan) methods: Gathering qi and cultivating the primordial qi (yuan), shaping the external dan into a ball
2. Hunyuan Taiji Double Sabre **9:30-10:30** (international Instructor and duanwei form)  
Movements and main aspects of usage
3. Taiji Push-hands **10:30-11:30** **14:30-15:30**  
a. Stationary and moving single and double push-hands; b. Dalü; c. Silk-reeling push-hands; d. Using different taiji energies; e. Q & A
4. Elementary Hunyuan Taijiquan 12 **15:30-16:30**  
Movements and main aspects of neigong and usage

## II. International Wushu Instructor and Duanwei Examinations 16:30-17:30

1. International Wushu Coach (Taijiquan) Specialized Examination: Promote International Wushu Level C to International Wushu Level B, Level B to Level A, and Level A to Teacher level.
2. International Wushu Duanwei Examination: From 4 Duan up to 7 Duan Examinations  
(Applicants, please provide two two-inch passport/ID photos)

## III. Taijiquan Demonstrations and Competition (Free Admission), August 28 13:00-17:00

## IV. Sightseeing in Fuzhou City, August 31

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

Hotel: TBD

Enrollment tel.: 13660553132 He Xiaoyan (何笑燕)

Organized by: World Chen-style Hunyuan Taijiquan Association  
Fuzhou Chen-style Hunyuan Taijiquan Association

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

Chinese Website: [www.chenhunyuantaiji.com](http://www.chenhunyuantaiji.com)