



# Summer Course with Master Chu King Hung in Sardinia 20th – 23th July 2018

*Organized by ITCCA Finland*

*The course takes place near the town of Olbia and is open for all members of the ITCCA who have completed the form and know the basics of the double pushing hands.*

## Program

**1. Yi Gong and Ling Hung Jing**  
Sending energy starting from the movement *Tai shou (lifting up the hands)* in the second part.

**2. Center Move**  
Third internal principle of the form.

**3. Fighting Form**  
Beginning.

**4. ABCDE**  
Correcting the first and second parts of the form with the five vitamins. Chi tests from the beginning.

**5. Double Pushing Hands**  
Two groups:  
1) Testing the first movements of the form  
2) Applications starting from the movement *bun lan choy* in the first part.

**6. Sword**  
Two groups:  
1) Learning the leg chi form of the sword starting from the movement *Bird flying back to the woods to sleep*.  
2) The yin yang palm and fingers in the sword.

## Timetable

**Fri 20th July – Mon 23rd July**

07.50-08.00 Taoist Exercises  
08.00-09.00 Yi Gong  
09.00-10.00 Center Move  
10.00-11.00 Fighting Form

15.50-16.00 Taoist Exercises  
16.00-17.00 ABCDE  
17.00-18.00 Pushing Hands  
18.00-19.00 Sword

Timings may be subject to small change according to the weather.

## Price of the course

Group A: The whole course, 400 euros  
Group B: The whole course without sword, 350 euros

For more information, email [info@itcca.fi](mailto:info@itcca.fi), or call + 358 45 6503213.