



ITCCA International Tai Chi Chuan Association

“The Original Yang Style”™®

9th Seminar with GrandMaster Chu King Hung



21-24 June 2018- Florence

The ITCCA Central Italy Branch organizes the eighth seminar with GrandMaster Chu King Hung that will take place from June 21th to June 24th, 2018, on the outskirts of Florence.



Seminar Location

Rules for Participants:

1. Participants must wear a grey or black tai chi suit or t-shirt. As there are no changing rooms participants must arrive at the seminar dressed in their tai chi suit. It will however be possible to change shoes after reaching the seminar location.
2. During the seminar no filming or photography will be permitted, except by authorized personnel. Photos may only be taken during the breaks.

Program of the Seminar:

The seminar is divided into two parts, each composed of 12 hours.

First part (12 hours):

Thursday (09.00 - 12.00 e 16.30 - 19.30), Friday (9.00 - 12.00 e 16.30 - 19.30).

1. Sword – 2 groups : 1- Sword Fighting Form from Compass needle 2- Sword fighting form for advanced who already knows it complete.
2. The “five vitamins” – 3 groups: 1-part1, 2-part2, 3-part3
3. Fighting form – 3 groups: 1-first part finish, 2-begin third part , 3-for advanced who already know third part 50 movements

Second part (12 hours):

Saturday (09.00 - 12.00 e 16.30 - 19.30), Sunday (09.00 - 12.00 e 16.30 - 19.30).

1. Yi Gong e Ling Hung Jing, “Learn to turn on the battery”.
2. Pushing Hands – 3 groups : 1-learning double, 2-double with form beginning, 3-double with form from Pat the horse
3. 3rd internal principle, Center form: 2 groups : part1, part3

For information on seminar location, accomodations and more ... please send e-mail to:

info@itccacentro.it



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