



Summer Course with Master Chu King Hung in Sardinia 12th – 15th June 2025

Organized by ITCCA Finland. The seminar takes place near the town of Olbia and is open for all members of the ITCCA who have completed the yinyang form, know the basics of double pushing hands and have learned 20 first movements of the fighting form.

Program

1. Yi Gong and Ling Hung Jing

Sending energy in movements of the form, two groups. 1) Tests from *Double Hand Ban* in the first part 2) Tests from *Third Kick* in the second part.

2. Hand Chi Form and Head Chi Form Yin Yang

Learning the bow and arrow principle and testing energy.

3. Fighting Form 37 movements

Continuation of using three fly principles in the fighting form and application, starting from *Yin Yang Fish*. Training the action technique from beginning to *Yin Yang Fish*.

4. ABCDE

Training and correcting and the whole form with five vitamins, testing energy.

5. Double Pushing Hands

Internal breathing in double pushing hands. Two groups. 1) Applications from *Yin Yang Fish* in the first part 2) Applications from *Cloud Hands* in the second part.

6. Sword

Continuation of the sword fighting form and learning the vitamin B in the sword form.
NB: *To participate you have to know the whole sword fighting form beforehand.*

Timetable

Thu 12th June – Sun 15th June

07.20–07.30 Taoist Exercises
07.30–08.30 Yi Gong
08.30–09.30 Hand and Head Chi Form Yin Yang
09.30–10.30 Fighting Form

15.20–15.30 Taoist Exercises
15.30–16.30 ABCDE
16.30–17.30 Pushing Hands
17.30–18.30 Sword

Price of the course

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