

## Neue Kurse in Baar ab Februar 2016

Donnerstags 20 - 21 Uhr, Wu Academy, Blickensdorferstrasse 2a, CH-6340 Baar

### Einführung ins Qigong und Taijiquan

#### Level 1: Fundamentals of Taijiquan

Form: Stances: fundamental footwork and basic Taijiquan forms.

Application: Taijiquan techniques to overcome simple combat situations.

Force: Wuji Stance, Lifting Water, Three-Circle Stance, and Grasping Sparrow's Tail, Leg Stretching

Philosophy: Dimensions, aims and brief history..

Note:

- From Wuji to Taiji, and back to Wuji.
- Movement from the waist.
- Differentiating between yin and yang.
- One-pointed mind and energy flow.
- Basic Taijiquan patterns.
- Internal force training.

#### Level 2: Basic Taijiquan Set

Form: "White Crane Flaps Wings".

Application: Pushing Hands and simple combat application.

Force: Induced energy flow.

Philosophy: Taijiquan for health and for combat.

Note:

- Unity of form, energy and mind.
- The principle of yin-yang.

#### Level 3: Techniques of Pushing Hands

Form: "White Snake Shoots Venom".

Application: Pushing Hands and Combat Application.

Force: Flow of movement, Sensing ability, Using the opponent's strength.

Philosophy: Principles of internal force training.

Note:

- Techniques from "White Snake Shoots Venom".
- Pushing from front, left, right and back.
- Importance of good stances.
- Movement from the waist.
- Four tahils against thousand katis.
- Flowing with the opponent to overcome him..



Warm Shaolin Salutes - Irene Bassal

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