



# Summer Course with Master Chu King Hung in Sardinia 13th – 16th June 2024

*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 and know the basics of the double pushing hands.*

## Program

### 1. Yi Gong and Ling Hung Jing

Sending energy in movements of the form, two groups.

### 2. Hand Chi Form and Leg Chi Form Yin Yang

Learning the bow and arrow principle and testing energy.

### 3. Fighting Form

Internal fighting form with three fly principles. Two groups.

### 4. ABCDE

Correcting the whole form with five vitamins and testing energy.

### 5. Double Pushing Hands

Internal breathing in double pushing hands. Two groups. 1) Applications from *Dzo* (elbow strike) in the first part 2) Applications from *Needle in the bottom of the sea* in the second part.

### 6. Sword

Learning the sword fighting form and the vitamin A in the sword form. Two groups in the sword fighting form: 1) starting from the beginning 2) continuing from *White Monkey offers fruit*.

## Timetable

### Thu 13th June – Sun 16th June

07.20–07.30 Taoist Exercises

07.30–08.30 Yi Gong

08.30–09.30 Hand and Leg 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

Group B

The whole course, 400 euros

The whole course without sword,  
350 euros