



# ITCCA International Tai Chi Chuan Association

## “The Original Yang Style”™®

### 10<sup>th</sup> Seminar with GrandMaster Chu King Hung



#### 4-7 July 2019- Florence

The ITCCA Central Italy Branch organizes the tenth seminar with GrandMaster Chu King Hung that will take place from July 4<sup>th</sup> to July 7<sup>th</sup>, 2019, 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 White Monkey and A Form Fighting Form , 2- Sword Fighting Form for advanced with B Form Fighting Form.
2. Center form and Breathing with feet: 2 groups : 1- part2 Center Form, 2- part3 Center Form and Breathing with Feet
3. Fighting form – 3 groups: 1-second part 30, 2-third part 40, 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. The “five vitamins” – 3 groups: 1-part1, 2-part2, 3-part3
3. Double Pushing Hands with Form Applications – 3 groups : 1- Applications up to Hop-Shou, 2- Applications up to Loi, 3- Applications of first Kicks

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

**info@itccacentro.it**



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