

## Program Stage 2020

### Thursday 25.06.20:

08.30 – 09.30 & 16.30 – 17.30: Sword Leg Chi

09.30 – 10.30 & 17.30 – 18.30: Leg Chi

10.30 – 11.30 & 18.30 – 19.30: Tui Shou

### Friday 26.06.20:

08.30 – 09.30 & 16.30 – 17.30: Sword Leg Chi

09.30 – 10.30 & 17.30 – 18.30: Leg Chi

10.30 – 11.30 & 18.30 – 19.30: Tui Shou

### Saturday 27.06.20:

08.30 – 09.30 & 18.30 – 19.30: Y-Kung

09.30 – 10.30 & 17.30 – 18.30: 5 Vitmamins

10.30 – 11.30 & 16.30 – 17.30: Fighting Form

### Sunday 28.06.20:

08.30 – 09.30 & 17.30 – 18.30: Y-Kung

09.30 – 10.30 & 16.30 – 17.30: 5 Vitmamins

10.30 – 11.30 & 15.30 – 16.30: Fighting Form

## Price of the Courses

**Whole Stage/Six Courses (24 lessons):**

**Euro 330**

**Half Stage/Three Courses (12 lessons):**

**Euro 210**

One single Course (4 lessons): Euro 90

Two Courses (8 lessons): Euro 170

Four Courses (16 lessons): Euro 250

Five Courses (20 lessons): Euro 290

One single lesson: Euro 25

## Grand Master Chu King Hung

Master Chu King Hung was born in 1945 in China and first came in contact with T'ai Chi Ch'uan early in his life. When his family moved to Hong Kong, as a 12 year old boy, he began an apprenticeship with Master Yang Shou-chung which would last for 26 years. He learned the complete tradition of the Yang family and was then authorised by his master to teach the Yang style in its original form. Master Chu built up the ITCCA in Europe and found an appropriate way to teach the Original Yang Style T'ai Chi Ch'uan to Western students

### ASD Scuola di Tai Chi Chuan

**Via Tigellio 22 /a, 09123 Cagliari**

**0039 328 0995411**

**www.itcca-sardegna.it**

**IBAN: IT49W0101544030000070193287**



## Summer Class with Grand Master Chu King Hung

**Cagliari**

**25<sup>th</sup> June – 28<sup>th</sup> June 2020**



## Program:

The stage starts on 25.06.2020 at 08.30  
and ends on 28.06.2019 at 18.30.

Morning class: 08.30-11.30  
Afternoon class: 16.30-19.30

**Sunday afternoon one hour earlier!**

## Courses:

- **Leg Chi Sword Form:** spiral movement in the legs, developing the roots
- **Fighting Form:**  
First 10 movements and applications
- **Leg Chi Form:** Put air in the wheels, spiral movement in the legs, third part
- **Tui Shou:** Double Push Hand with applications from the Hand Form  
**2 groups:** beginners and advanced
- **Correction of the Form** with the help of the 5 vitamins: first second and third part
- **Yi Kung:** Ling Hung Fa Jing, the Yang family's Empty Power Technique. The Chi follows the Yi, the body follows the Chi

**Fee: 330 €**

## Location

The stage will take place under the trees in the city park "colle di S. Michele", one of the largest parks of the city of Cagliari with its breathtaking 360° view all over the city, the sea and the mountains behind. The park is 7 km away from the city airport and 5 km from the main station situated in the "Piazza Matteotti". In the Via Roma nearby Via Maddalena, just in front of the main train station's building, you will find one of the bus stops of the CTM lines 5 and 5/11, that brings you to the location. You have to get off at the last station in the "Via Cinquini" and walk the way up to the second park entrance, in front of the parking place. Tickets cannot be purchased on the bus, they are only available at the vending machines inside the bus stations and at the various cafés and news stands along the streets.

You can have a look at the public trasport network visiting the website

[www.ctmcagliari.it](http://www.ctmcagliari.it)



## Where to stay

The city of Cagliari offers a big choice of nice places to stay in, which you can find on:  
<http://www.cagliariturismo.it/en/where-to-sleep>

Here are some of our suggestions:

### Hotel Aurora

Salita Santa Chiara, 19  
Piazza Yenne, Cagliari  
Tel +39 070 658625 Cell: 328 729 8200

### B&B Farfalle

Via Baylle 41, 09124 Cagliari  
Tel: +39 3342259648

### B&B La Terrazza sul Porto

Largo Carlo Felice 36, 09124 Cagliari  
Tel.: +39 070 658997  
Cell: +39 339 8760155

### B&B L'Arco

Via Portoscalas 20 , 09123 Cagliari  
Tel. e fax +39 070 663306  
Cell.: +39 331 6163021