

Program:

The stage starts on 28.06.2018 at 09.00
and ends on 01.07.2018 at 18.30.

Morning class: 09.00-12.00

Afternoon class: 16.30-19.30

Sunday afternoon one hour earlier!

Courses:

- **Sword Form:** Chi Form (spiral arm movement)
- **Center Move Form:** Put the train on the track.
- **3 Yin 3 Yang Form:** The GPS in the Form
- **Tuí Shou:** Double Push Hand with applications from the Hand Form
- **Correction of the Form** with the help of the C principle: Yin and Yang in the hands
- **Yi Kung:** the battery to start the engine:
Ling Hung Fa Jing: the Yang family's Empty Power Technique.
Energy tests with positions from the Hand Form

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 transport network visiting the website 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:

Hostel Marina

Scalette San Sepolcro, 09124 Cagliari
Tel. +39 070 670 818 / 070 670165

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

Program Stage 2018

Thursday 28.06.18:

09.00 – 10.00 e 16.30 – 17.30: Sword Form
10.00 – 11.00 e 17.30 – 18.30: Center Move
11.00 – 12.00 e 18.30 – 19.30: 3 Yin 3 Yang

Friday 29.06.18:

09.00 – 10.00 e 16.30 – 17.30: Sword Form
10.00 – 11.00 e 17.30 – 18.30: Center Move
11.00 – 12.00 e 18.30 – 19.30: 3 Yin 3 Yang

Saturday 30.06.18:

09.00 – 10.00 e 16.30 – 17.30: Tui Shou
10.00 – 11.00 e 17.30 – 18.30: Form Correction
11.00 – 12.00 e 18.30 – 19.30: Y-Kung

Sunday 01.07.18:

09.00 – 10.00 e 15.30 – 16.30: Tui Shou
10.00 – 11.00 e 16.30 – 17.30: Form Correction
11.00 – 12.00 e 17.30 – 18.30: Y-Kung

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 Stage
with
Grand Master Chu King Hung

Cagliari
28th June – 1st July 2018

