



## THEMES OF PRACTICE:

A COMPREHENSIVE WORKSHOP CURRICULUM OF CHEN-STYLE XINYI HUNYUAN TAIJQUAN

### Taiji Academy Workshop Schedule:

*Workshops are usually held on first Saturday of every month from 9:30 to 1:00 pm.  
Cost is \$40 per workshop.*

- October 1<sup>st</sup>, 2011:      **Developing the Internal Frame: Essence of the Taiji Classics**  
*Handouts with quotes from the classics; instruction based on first section of 24-form, standing and basic qigong exercises. This class will establish the foundation for all proper practice.*
- November 11<sup>th</sup>, 2011    **Hunyuan Qigong: Part I of II – First Six Movements**  
*Instruction on subtle energy anatomy, internal alchemy theory, and one-on-one refinement of the first half of these foundational qi-cultivation exercises. Establish the dantian (qi-field) and enter stillness.*
- December 3<sup>rd</sup>, 2011    **Hunyuan 24-Form Intensive: Part I of II – Simplified Form**  
*Instruction on the simplified version of the 24-form: basic elements of opening/closing, rising/sinking, rotating the waist, and central equilibrium. Deepen your understanding and ability.*

- January 7<sup>th</sup>, 2012      **Push Hands and the Taiji Energies: Part I of II – First Four Energies**  
*Basic ten warm-up push-hands methods, first four of eight Taiji energies, two-person contact drills, kneading and point striking/partner massage. Attendance of Part I or permission from instructors required for Part II.*
- February 4<sup>th</sup>, 2012      **A String of Pearls: Core Movements of the Hunyuan Taiji System**  
*Deep explanation and investigation of three related movements from each of the following: Hunyuan Gong, Chansi Gong, and 24-Form. Three sets of three, nine movements in all. Three planes of movement, four energies.*
- March 3<sup>rd</sup>, 2012      **Hunyuan Qigong: Part II of II – Second Six Movements**  
*Instruction on subtle energy anatomy, internal alchemy theory, and one-on-one refinement of the second half of these foundational qi-cultivation exercises. Circulate qi through the extraordinary meridians and attain tranquil present-moment awareness.*
- April 7<sup>th</sup>, 2012      **Practical Self-Defense for Everyone**  
*Learn practical, effective, and simple strategies for escaping from harm during a violent encounter. Topics will include qi-projecting shout (kiai), escaping from grabs, and vital point striking.*
- May 5<sup>th</sup>, 2012      **Chan Si Gong: Spiraling Movements for Health and Martial Arts**  
*Learn or deepen understanding of these exercises for promoting circulation of qi, blood, while cultivating internal strength. The foundation of the regular 24-form and all advanced push-hands methods, including qinna (joint-locking).Hunyuan*
- June 2<sup>nd</sup>, 2012      **24-Form Intensive: Part II of II – Regular Form**  
*Instruction on the more advanced regular version of the 24-form: alternation of movement and stillness, spiraling from the core, connecting the form from beginning to end like a flowing river while maintaining the stability of a mountain.*
- In the future:      **Push Hands and the Taiji Energies: Part II of II – The Eight Energies**  
*Basic ten warm-up push-hands methods, four-hands, all eight Taiji energies, two-person contact drills, kneading and point striking/partner massage. Attendance of Part I or permission from instructors required for Part II.*