



## Meister Seminar / Master Class Yang Stil Tai Chi Chuan

mit Sifu John Ding, 6. Generation

**Bonn 27. + 28. August 2022**

**Turnhalle Ernst Moritz Arndt Gymnasium, Endenicher Allee 1 . 53115 Bonn**

太極拳之道

**Samstag 10.00 - 16.00**

Tai Chi Prinzipien und Konzepte

**Sonntag 9.30 - 15.30**

Tai Chi Push Hands und Anwendung

Anmeldung erleichtert die Planung!

**Organisation: Dae Mahng e.V.**

(in Kooperation: Mittelpunkt)

**Kontakt: [kontakt@dae-mahng.de](mailto:kontakt@dae-mahng.de)**



## Meister Seminar mit John Ding

### Traditioneller Yang Stil Tai Chi Chuan

**Bonn 27.+28.8.2022**

#### **Samstag 10:00 - 12:30 und 13.30 - 16:00**

##### **Tai Chi Chuan Prinzipien und Konzepte**

All Tai Chi movements, whatever the style, are based on the principles and concepts – otherwise they are empty choreography. Only by understanding and incorporating the principles and concepts into daily practice will you be able to harness Chi and use it for health, healing or self-defence.

#### **Sonntag 9.30 - 12:00**

##### **Push Hands**

Push Hands is a form of exercise practised in pairs to increase sensitivity, – crucial in dealing with an attack. It enables you to develop Teng Jing (knowing how to interpret energy) and then allows you to divert force with Fa Jing (projecting energy) or dissipate it with Far Jing (neutralising energy). There is a Chinese saying:

"Knowing oneself and also one's opponent will make one hundred times victorious in a hundred battles".

#### **Sonntag 13:00 -15.30**

##### **Tai Chi Anwendung / Selbstverteidigung**

Tai Chi Chuan is widely regarded only as a gentle health exercise. This is a mistaken view as each Tai Chi posture has a logical practical self-defence application. If a posture cannot be used, the move is clearly incorrect. At a high level, Tai Chi Chuan movements simultaneously achieve the paradox of effortlessness and tremendous power. The subtlety of such skill cannot be adequately described – only felt.

#### **Kosten / Course Fee**

##### **Anmeldung bis 15. Juli 2022**

| Kursgebühr | Mitglied | Nicht-Mitglied |
|------------|----------|----------------|
| 1 Tag      | 100 Euro | 130 Euro       |
| 2 Tage     | 175 Euro | 210 Euro       |

##### **Anmeldung ab 16. Juli 2022**

| Kursgebühr | Mitglied | Nicht-Mitglied |
|------------|----------|----------------|
| 1 Tag      | 120 Euro | 140 Euro       |
| 2 Tage     | 210 Euro | 260 Euro       |

*Die Seminargebühren werden am ersten Tag eingesammelt*

#### **Seminar-Ort**

**Ernst Moritz Arndt  
Gymnasium (Turnhalle)**

**Endenicher Allee 1**

**53115 Bonn**