

THE 24TH INTERNATIONAL SEMINAR ON CHEN-STYLE HUNYUAN TAIJIQUAN AND NEIGONG

AUGUST 26-31, 2025, CHENGDE MOUNTAIN RESORT, HEBEI, CHINA

Taught by internationally renowned Master Wang Fengming



I. Training Program, August 26-30

1. Neidan Cultivation **8:30-9:30**
Gathering qi, standing qigong, cultivation methods of lower and middle dantian, balancing Yin and Yang (review & improve); seated, small and large heavenly circuit practice, qi filling the central cavity practice, one grain of Hunyuan qi practice (Q & A)
2. Hunyuan Taiji Sword Breaker **9:30-10:30** (international Instructor and duanwei form)
Movements and main aspects of usage
3. Taiji Push-hands **14:30-15:30**
a. Stationary and moving single and double push-hands; b. Dalü; c. Using different taiji energies; d. Q & A
4. Basic Hunyuan Taijiquan 24 **15:30-16:30**
Movements and main aspects of neigong and usage
5. Hunyuan Taiji Sword 48 **10:30-11:30 & 16:30-17:30**
Movements and main aspects of usage

II. International Wushu Instructor and Duanwei Examinations

1. International Wushu Instructor (Taijiquan) Specialized Examination: Promote International Wushu Level C to International Wushu Level B or A.
2. International Wushu Duanwei Examination: From 4 Duan up to 7 Duan Examinations
(Applicants, please provide two two-inch passport/ID photos)

III. Taijiquan Demonstrations and Competition (Free Admission), August 28 13:00-17:00

IV. Sightseeing in Chengde Mountain Resort, August 31

Price: \$950 (incl. accommodation, three meals a day, sightseeing and transport; tuition is free)

Hotel: Chengde Shenghua Hotel Tel.: 86-0314-2271188

Address: Wulie Lu 22, Shuangjiao District, Chengde, Hebei, China (中国河北承德双桥区武烈路 22 号)

Enrollment tel.: 13660553132

He Xiaoyan (何笑燕)

Organized by: King of Neigong International Taiji Academy
World Chen-style Hunyuan Taijiquan Association

International Website: www.worldtaiji.com

Chinese Website: www.chenhunyuantaiji.com