

## CLASS with Master CHU KING HUNG :

CLASS <b>1</b>	<b>CRANE AND SNAKE FORM:</b> That form precises the arm and hand position.
CLASS <b>2</b>	<b>INN/YANG HEAD-HANDS:</b> 3 classes: Part 1, part 2, part3. This form enables the YI to circulate into the whole body. Occidental people really appreciate that moment when the head and the mind is not cut from the full body life anymore.
CLASS <b>3</b>	<b>YI KONG AND « LIN HUNG CHIN »</b> « the empty power, as sharp as the broken glass » 2 classes: Tests from the beginning of the form or continue last year tests
CLASS <b>4</b>	<b>TUI SHU FORM TESTS:</b> Single Handed Pushing Hands: Initial Tests in the Form. Double Handed Pushing Hands, 2 Classes: Continue last year tests, or «Small Circle»
CLASS <b>5</b>	<b>FIGHTING FORM</b> Loose Handed Fighting, 3 classes: 1: Applications in part 1- slow speed 2: Applications in part 1- fast speed. 3: Continue punch training and applications, or learning of the third part if level validated by M. Chu.
CLASS <b>6</b>	<b>SABRE FORM</b> 2 classes: 1: Yin-Yang form Learning and revision. 2: Advanced ( 1/Y of the sabre known): FForm and actions

## CLASS with ITCCA teachers :

Philippe BEAUMELLE, Didier BOYER, Lydia DOGE, Jacques GARDES, Christiane GRAU, Jean-Marc JEANBOURQUIN, Marc LAPLACE, Lorenzo MARINI, Laurence NICOLAS, Alexandre PAUME, Françoise PEYRONNEL.

CLASS <b>7</b>	<b>TAOIST EXERCICES, QI GONG.</b> This morning class guarantees the tranquility of mind for all the following classes. Plan to arrive 1/4h before the beginning.
CLASS <b>8</b>	<b>Group A - FORM and TESTS PRACTICE</b> Seen in the previous class with Master Chu.
CLASS <b>9</b>	<b>Group B - FORM and TESTS PRACTICE</b> Seen in the previous class with Master Chu.
CLASS <b>10</b>	<b>TAOIST SELF MASSAGE, MEDITATION</b> This class of energy massages helps to perceive the world of the subtle life force.
CLASS <b>11</b>	<b>SWORD FORM:</b> Refreshing and Corrections

- Class with Master CHU
- Class with an ITCCA Teacher

Min level required, known forms:

## Group A

FORM: PART 1

- Taoist exercices, Qi Gong
- Inn/Yang - Head-Hands
- Form and tests
- Yi Kong - Lin Hung Chin
- Toilette taoïste, Qi Gong
- Forme et tests
- Tui Shu: Tests de la forme

⊕ SINGLE HANDED PUSHING HANDS

## Group B

FORM: WHOLE

- Taoist exercices, Qi Gong
- Inn/Yang - Head-Hands
- Form and tests
- Yi Kong - Lin Hung Chin
- Taoist self-massage, meditation
- Crane and snake form
- Tui Shu: Form tests

⊕ SINGLE HANDED PUSHING HANDS  
Tui Shou Moving step

## Group C

SAME AS GROUP B

- Taoist exercices, Qi Gong
- Inn/Yang - Head-Hands
- Fighting form
- Yi Kong - Lin Hung Chin
- Taoist self-massage, meditation
- Crane and snake form
- Tui Shu: Form tests
- ( Sword form )

⊕ FIGHTING FORM PART 1 (with a partner)

+ OPTIONAL SWORD CLASS  
"Pushing the boat with the current"

## Group D

SAME AS GROUP C

- Taoist exercices, Qi Gong
- Inn/Yang - Head-Hands
- Fighting form
- Yi Kong - Lin Hung Chin
- Taoist self-massage, meditation
- Crane and snake form
- Tui Shu: Form tests
- Sabre form

⊕ FIGHTING FORM PART 1 or 2 (with a partner)

Sword Fighting Form

Couples Price : -10%.

The absence in one or several 1/2 days, does not give rise to a reduction. The traditional Tai Chi Chuan suit (black or white) is strongly recommended. Contents of the program subject to change according to M. Chu desiderata

## • REGISTRATION : BEFORE JUNE 8 TH

The prices are the same as last year.

The registration organization improved in order to upgrade the quality of the Summer Class. So the attached registration form will have to be completed and turned **before June 8th. To ease the path of payment between the deposit and the class tuition balance, please register as soon as possible**

After this date, the class previously reserved to ITCCA members, will be open to other people.

As the previous years, the deposit will be collected at reception. In case of withdrawal after June 8th, it will not be refundable. **The deposit and balance of the class tuition will be joined to the registration form and sent at the same time.** The deposit will be taken on June 24th, 15 days before the Summer Class.

This deadline is also imperative for the organization of the meal. **Please join your meal payment as a registration;** It will be taken on the first day of the Summer Class too.

**A registration certificate will be sent to you by e-mail on June 24th, if not, please contact us as soon as possible.** If you need a postal sending, please enclose a stamped envelope at your address.

Organization of classes and Working axes will be presented during the first morning of the Summer class. The presence of all is recommended on July 9th morning.

### • PLACE :

A natural setting in Attuech-Massillargues, North from Nîmes, 10 Min. from Anduze near the Gardon river. Possible swimming in the Gardon, in the Swimming-Pool, for the Camping Fief d'Anduze locators.

### • ACCOMODATION :

Camping Le Fief d'Anduze (Summer Class Place) : 04 66 61 81 71  
lefiel@wanadoo.fr

Tourist Office of Anduze : 04 66 61 98 17

Hotel de la Madeleine (2 Min. by car) : 04 66 34 66 70

BandB List: contact@tai-chi-processus.com

### • MEALS :

Various Meals are provided by a caterer each day.  
Please register.  
( 5 meals: 67.50 euros )

### • ACCESS :

45 Min. from Nîmes, by N106 Alès/ Nîmes, then the D982 to Anduze.

1 hour from Montpellier by Prades/ Lez, Quissac (D17, D45, D35) or A9, then Sommières and the D35.

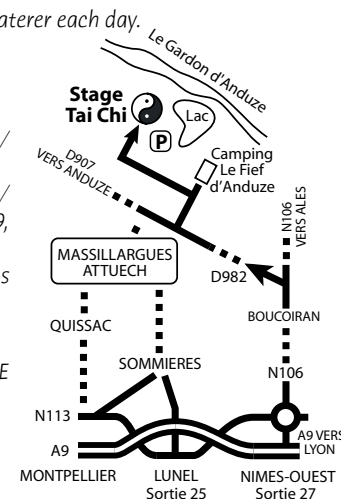
1.30 from Avignon, by Remoullins and Uzès. 30 Min. from Alès.

### • INFORMATIONS :

BRANCHE ITCCA MEDITERRANÉE  
ZA La Ponche Km4 rte d'Avignon  
30320 Marguerittes

Tél : 04 66 26 16 83 - 06 62 00 20 73

contact@tai-chi-processus.com



● WEDNESDAY JULY 8th				
8.30 am to 10.30 am	Welcome and regulation of the Summer Class			
10.30am to 11am	Presentation of schools- Classes organization			
11 am to 12 am	Class with François Loutrel or an ITCCA Teacher			
15 pm to 16 pm	Class with François Loutrel or an ITCCA Teacher			
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
16 pm to 16.30 pm	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>
16.30 pm to 17.30 pm	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
17.30 pm to 18.30 pm	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
18.30 pm to 19.30 pm			<b>11</b>	<b>6</b>

● THURSDAY 9th TO SATURDAY JULY 11th				
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
8.45 am	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
9 am to 10 am	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
10 am to 11 am	<b>8</b>	<b>9</b>	<b>5</b>	<b>5</b>
11 am to 12 am	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
15 pm to 16 pm*	Optional time of practice			
16 pm to 16.30 pm*	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>
16.30 pm to 17.30 pm*	<b>8</b>	<b>1</b>	<b>1</b>	<b>1</b>
17.30 pm to 18.30 pm*	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
18.30 pm to 19.30 pm*			<b>11</b>	<b>6</b>

● SUNDAY JULY 12th				
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
8.45 am	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
9 am to 10 am	<b>8</b>	<b>9</b>	<b>11</b>	<b>6</b>
10 am to 11 am	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
11 am to 12 am	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
Meal then free practice in the afternoon.				

**SATURDAY EVENING: TAI CHI DANCE PARTY**

A festive time is planned on Saturday evening around a meal during the «Tai Chi Dance Party» carried by the universe of Lorenzo Music- ITCCA Marseille ! The meal reservation is made on the first day general registration on Wednesday July 9th

\*These schedules can be delayed half an hour in case of strong heat.



**François Loutrel**  
Master Chiu Follower



The reasons why the Tai Chi Chuan has been thought exceed by far his therapeutic and martial aims. One day, what Tai Chi Chuan updates is enough essential so that the nature of the Way shows itself. The practice of a diligent attention in the presence of Master Chiu is convenient to the inner presence of the Being.

*The Way of  
The Internal  
Energy*

Photos & Design: philippe.beaumeille@free.fr



INSTITUT DES HAUTES ETUDES EN ARTS MARTIAUX  
**Tai Chi Chuan**  
**Qi Gong**  
*Donnée de vue*  
*Abou Nourga*



FROM 8 TILL 12 JULY 2015  
ITCCA MEDITERRANEE  
SUMMER CLASS

**TAI CHI CHUAN**  
ORIGINAL YANG STYLE  
MASTER CHU KING HUNG

