

2011年第六届中国·焦作国际太极拳交流大赛
The Invitation to the 6th International Taijiquan Exchange Competition, Jiaozuo, China in 2011

How to teach Taiji Quan to western people

Marcelo Horacio Fortino 2011

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How to teach Taiji Quan to western people

- Why people practice Taiji Quan in western countries
- People's expectations and goals
- Teacher's syllabus: Taiji Quan history, I ching, Taoism, Traditional chinese medicine, Wu Xing's principles, Qigong and Meditation
- Three aspects of taiji quan
- Ten essentials of taiji quan
- The Thirteen Postures of taiji quan
- Taiji quan forms
- Empty hands or pushing hands, Chin Na
- Weapons: the eighteen arms
- Days and places to practice taiji quan, Lesson's time and length
- Legal issues
- Bibliography

Why people practice Taiji Quan in western countries

- People are experimenting so many changes in their lives
- The speed of these changes is increasing
- Therefore, it create stress which sometimes becomes sickness.



People's expectations and goals

- Stressful people, new agers and seniors
- Young people who saw a lot of martial arts movies
- A few others who want to improve their mind, body and soul



Teacher's syllabus

•Introduction to the five Chinese traditional disciplines:

- Chinese Sages and Their Philosophies
- Chinese Poetry and Calligraphy
- Chinese Feng Shui and I Ching
- Chinese Meditation (Qi Gong and Taiji)
- Chinese Qin Music



•To help understand the great Chinese culture

Taiji Quan history

- created by Zhang Sanfeng at Wudang mountain but without evidence in the written historical records
- More reliable records claim that Taiji quan has its origin in Chenjiagou Village, Henan Province



•Chen Fake

Taiji Quan history

- **Legendary figures:** Bodhidharma / Putidamo / Damo (菩提達摩), Zhang Sanfeng (張三丰), Eight immortals (八仙)
- **Its famous practitioners:** Chen Wangting, Chen Changxing, Yang Lu-ch'an, Wu Yu-hsiang, Wu Ch'uan-yu, Wu Chien-ch'uan, Sun Lu-t'ang, Yang Chengfu, Chen Fake, Wang Pei-sheng.
- **Historical places:** Shaolin Monastery (少林寺), Wudang Mountains (武當山), Mount Emei (峨嵋山), Kunlun Mountains (崑崙山)
- **Introduction to how traditional forms were born**
- **Introduction to how modern forms were born**



•Chen exhibition in Barcelona, Spain

I Ching

- Traditional and modernist view
- Yijing hexagram symbols
- Philosophy
- Symbolism
- Influence



• I Ching

Taoism

- Beliefs and principles
- Tao, De (Te), Wu wei, Pu
- Spirituality
- Ethics
- Tao Te Ching
- Zhuangzi, Daozang and other texts
- Practice



•Lao Zi

Traditional Chinese medicine

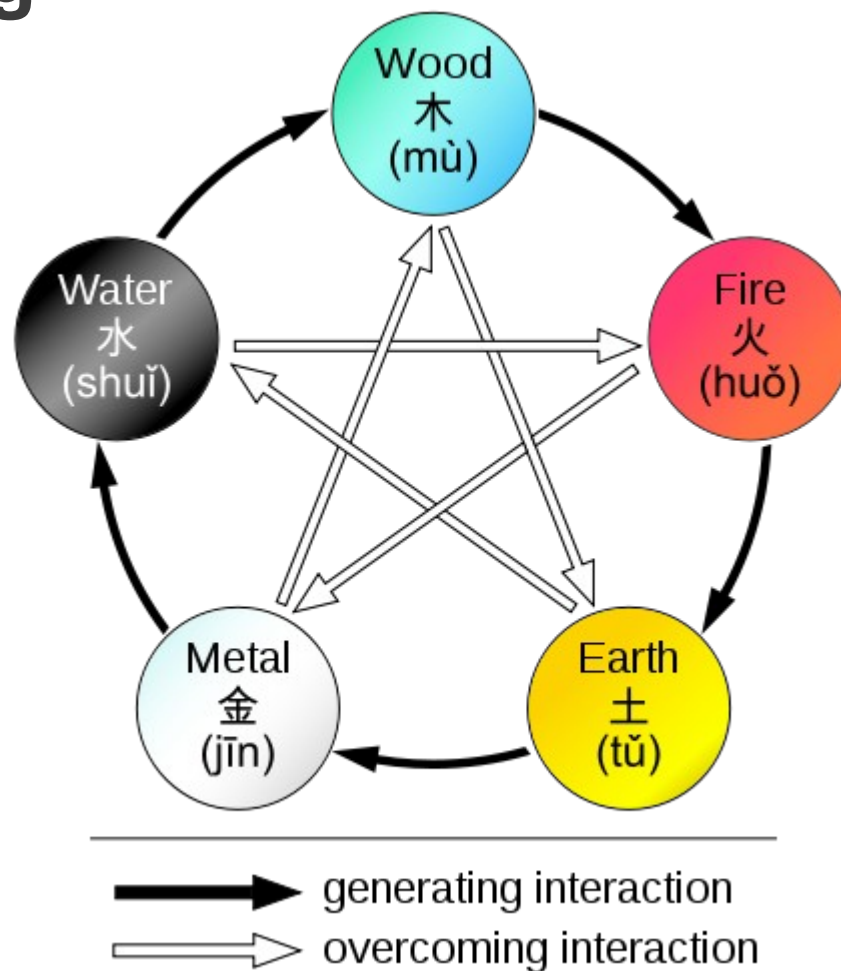
- History
- Philosophical background
- Yin and yang, Five Phases theory
- TCM model of the body
- Qi, Xue (blood), Jinye (bodily fluids), The zang-fu, Meridians
- Concept of disease
- Patterns, The Six Excesses
- Medicines
- Acupuncture, moxibustion, and related therapies
- Physical exercises



•TCM

Wuxing

- Cycles: Generating / Overcoming
- Cosmology and feng shui: Bagua
- Chinese medicine
- Music
- Martial arts



•Wuxing

Qigong or chikung

- History
- Theory
- Practice
- Dynamic, Static and Meditative qigong
- Applications
- Health, Self-cultivation, Martial arts



Meditation

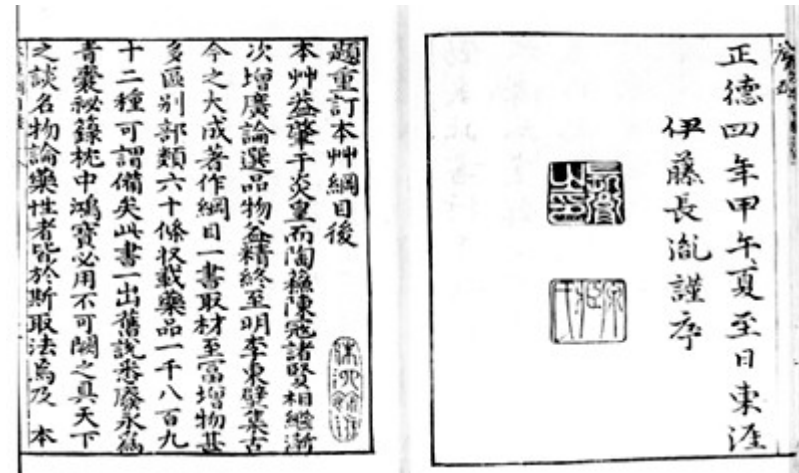
- Qigong
- Neigong
- Internal alchemy
- Daoyin
- Zhan zhuang



Taiji Quan is often referred to as
“meditation in motion”.

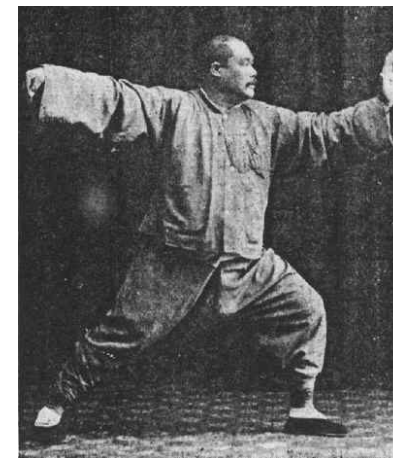
Three aspects of taiji quan

- Health
- Meditation
- Martial art



Ten essentials of taiji quan

- Straightening The Head
- Correct Position Of Chest And Back
- Relaxation Of Waist
- Solid And Empty Stance
- Sinking Of Shoulders And Elbows
- Using The Mind Instead Of Force
- Coordination Of Upper And Lower Parts
- Harmony Between The Internal And External Parts
- Importance Of Continuity
- Tranquility In Movement



*Extracted from the book "Yang Style Taijiquan"
by Yang Zhen Duo*

The Thirteen Postures of taiji quan

- The hand movements are commonly tied to the eight trigrams of the I-Ching
- The foot movements to the Chinese five elemental processes



Chen exhibition, Barcelona, Spain

Taiji quan forms

- Introduction to most famous styles
- Modern forms
- Differences between styles
- Different variations of the solo forms



Hulei exhibition, Barcelona, Spain

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Empty hands, Chin Na, Weapons

- Empty hands or pushing hands
- Chin Na
- Weapons



Pushing hands, Barcelona, Spain

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The Eighteen Arms 八般兵器

Dao (sabre, 刀), Qiang (spear, 枪), Jian (straight sword, 剑), Gun (棍) also known as Staff, Halberd (halberd, 戟), Axe (斧), Battle axe (钺), Hook sword (钩), Fork (叉), Chain whip (鞭) Biān, Mace (钯), Hammer (锤), Talon (抓), Ranseur (Trident-halberd) (槊), Long-handled spear (槊) also known as Lance, Short cudgel (棒), Stick (拐) also known as Crutches, or Tonfa in western-adapted language. And Meteor hammer (流星 Liu xing)



Hulei sword, Barcelona, Spain

Days to practice taiji quan

- Weekday and weekend lessons
- Places to practice
- Lesson's time and length



He style (zhao bao), Barcelona, Spain

Legal issues

- in some western countries taiji quan's sifus should have an insurance for them and their students, so they have to be affiliated to an sport federation
- For example at the moment in Spain, if you want to teach taiji quan you have to be part of an association with an sport section (could be also an sport club), and then be federated with the karate or yudo federations



Double fan, Barcelona, Spain

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About me

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Disciple of Master Zhang Xiu Mu, chinese wushu 7 Duan and sucesor of He (Zhao Bao) and Chen Style taiji quan. He is President of Asociación Hispano China de Taichi.

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THANK YOU VERY MUCH

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